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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 12, 2016

AUGUST SUNRISE/SUNSET: 12 6:59 • 8:08 13 7:00 • 8:07 14 7:00 • 8:06 15 7:01 • 8:05 16 7:01 • 8:04 17 7:02 • 8:03 18 7:02 • 8:03

Junior Anglers Reel In The Fun

by Jeff Lysiak

Last Monday morning, participants from the Sanibel Recreation Center's summer camp program gathered on Sanibel Causeway Island B, along with members of the Sanibel-Captiva Optimist Club, to take part in the final Junior Angler outing of the summer.

More than two dozen youngsters spent the morning trying to land one last "whopper" of the season. However, with only two small fish caught during the trip, the group settled for frolicking on the beach, snacking on hot dogs and chips, and spending another great day outdoors.

The Junior Anglers, a program sponsored each year by the Sanibel-Captiva Optimist Club, spent the seven weeks of the summer break traveling to different fishing locations around the islands. Prior to August 1, the group visited Tarpon Bay Explorers, Blind Pass, the JN "Ding" Darling National



Participants from the Sanibel Recreation Center's summer camp program at the last Sanibel-Captiva Optimist Club Junior Angler outing on the causeway

photo by Jeff Lysiak

Wildlife Refuge and the Causeway Islands.

In addition, Junior Anglers took a cruise aboard an Adventures In Paradise vessel, which resulted in more than 40 fish caught. During that outing, camper

Scott Jones reeled in 16 fish.

"I had never caught that many fish before," said Jones, age 10. "I just popped down in the front of the boat and waited for the fish to take the bait."

Last week, one of the two fish caught

by the Junior Anglers was landed by 9-year-old Rebecca Kelly, who appeared very excited about her catch.

"I actually caught two fish this summer – one on the boat and one here

continued on page 20

Declaration Signing For Call To Action On Water Quality



Members of the Sanibel and Captiva communities gathered at The Sanibel & Captiva Islands Chamber of Commerce to sign declarations for clean water on August 4

photos by Bob Petcher

The Sanibel & Captiva Islands Chamber of Commerce hosted a Now or Neverglades Declaration signing last Thursday, August 4. The signing brought business leaders, political leaders, political candidates and community members to the chamber courtyard.



From left, Lee County Commissioner Frank Mann; Jason Maughan, candidate for Florida State Senate District 27; and Sanibel-Captiva Conservation Foundation Natural Resource Policy Director Rae Ann Wessel

The declaration was a call to action "to send clean water south where it is desperately needed, reduce freshwater discharges to the rivers and estuaries today and accelerate storage capacity/treatment of water now." Chamber officials are

continued on page 32

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Students Send Their Thanks For A Memorable Day At The Museum

Fran Peters, owner of Island Vacations of Sanibel & Captiva, sponsored the Bailey-Matthews National Shell Museum's Adopt-A-Class program in both March and April this year. Last week, a packet of student thank you notes arrived at her office. Peters and her staff have been reading the cards, chuckling and commenting about the heartwarming sentiments expressed by the young students. Peters said, "Apparently, they enjoyed their experience. Look, one of the students said the day was a 'Clam Dunk!'"

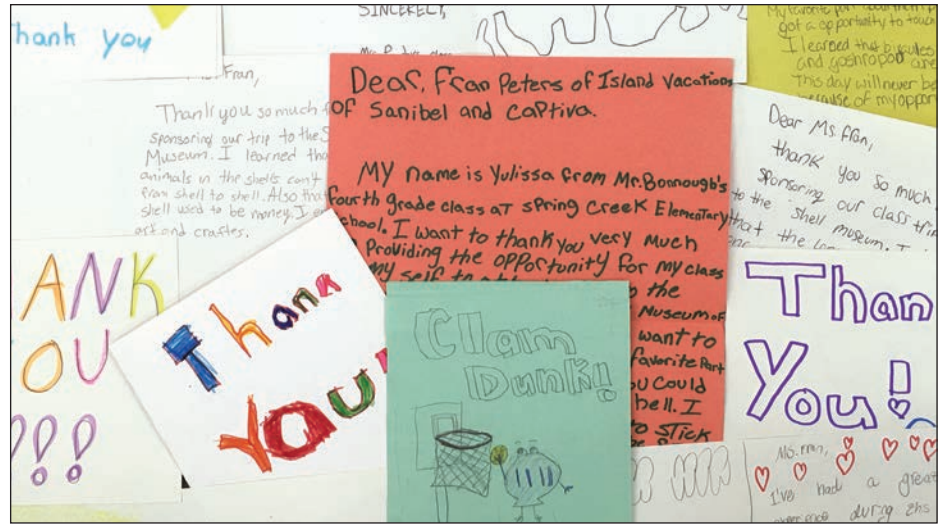
Peters, a shell enthusiast herself, felt the opportunity to be an Adopt-A-Class sponsor was a perfect fit both personally and professionally. Exposing fourth graders to the beauty and science of mollusks was an exciting and fulfilling opportunity, one she gladly shares whenever possible.

Island Vacations has guests who arrive from around the world to spend time on the islands' beaches searching for the perfect shell. Many stop in the office to discuss their treasures during their stay.

The class experience will be remembered for a long time, and the smiling faces of the students echo the sentiment that the day was, indeed, a "Clam Dunk!"**



Adopt-A-Class sponsor Fran Peters, back, spending time with fourth graders at the touch tank
photos courtesy Island Vacations



Thank you letters from the children

Local Efforts Make Back To School Easier

FISH and Friends Who Care have been working together for many years to identify and assist families in providing back-to-school supplies.

These efforts include Target gift cards donated by Friends Who Care and Undie Sunday, created by Captiva Chapel-by-the-Sea. Through the chapel's financial donation, FISH was able to provide items throughout the community. And children will return to school in the comfort of new socks and underwear.

"Kids need more and more supplies

these days, and as a mother of multiple children, it gets really expensive. I never want my kids to go without, especially when it comes to educational needs and necessities. With my reduction in working hours and the additional restrictions placed on the tax-free days, I was getting worried about how to pay for it all. When I heard from FISH offering assistance, I was so grateful. The Target gift card and undergarments for my kids help cut the costs, and made them proud to go back to school with all the supplies on their lists. Thank you FISH, Friends Who Care and Captiva Chapel for thinking of your island youth," said an island mother of three attending The Sanibel School.

For additional information, visit fishofsancap.org.**

American Legion Post 123

On Sunday, August 14, American Legion Post 123 will serve barbecued chicken and ribs from 1 to 8 p.m. Cost is \$12 to \$14.

On Thursday, August 18, Post 123 will observe their annual installation of officers starting at 6 p.m. A lasagna dinner will follow.

On Sunday, August 21, the legion will host a fish fry all day long.

On Monday nights, there are 9-ball and 3-ball tournaments at 6 p.m. Players are welcome. On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday.

On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

The Ladies Auxiliary has cookbooks available for a donation of \$15.

If you have a flag that needs to be retired, drop it off at American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road. It is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome.

For more information, call 472-9979.**

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Youth Center At Community Church Is Ready For Students



Game center

photos courtesy Sanibel Community Church

The H2O Youth Center is ready to be filled with students. H2O, the youth ministry at Sanibel Community Church, will start meeting for the fall on Wednesday evenings for sixth through 12th graders at Sanibel Community Church, 1740 Periwinkle Way, next to Jerry's Market. On August 17, middle schoolers will meet in the youth room from 5 to 7 p.m. and high school students will meet from 6 to 8 p.m. All teens from the community and surrounding areas are welcome.

Some exciting trips are planned for the 2016-2017 school year, including a high ropes course, Rock the Universe at Universal Studios, weekend local service projects, winter retreat, and girls and boys retreats. If you know a local teen, encourage him or her to get involved. For more information, contact Pastor Kevin at 472-2684 etxt. 105.✱



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Historical Village Seeks 1950s Items For Display

The Historical Village is seeking to borrow 1950s memorabilia for its Christmas display this year. The theme will be Christmas Vacation: Coming to Sanibel for a 1950s Christmas. The festivities will take place from 3:30 to 5:30 p.m. on Luminary Day, December 2 and will highlight what it was like on Sanibel during Christmas in the 1950s.

"We want to include as many items as possible in each display so it will truly be a memorable experience for

all visitors. To do this, we need the community's help," said event co-chair Gayle Pence.

Pence said the Christmas committee is looking for any and all 1950s era items, including clothing (remember poodle skirts?). Also wanted are inner tubes, old life vests, big flippers, old snorkel masks, big swim goggles, big fat water skis, old floating inflatable beach toys, fishing lures and bobbers, trees with shell ornaments, tinsel, bubble lights, fishing nets, rods and reels, old fishing baskets, bait pails, old Florida manuals on fishing, boating and tourist attractions, lots of shells and driftwood, beach hats, swim suits and bathing caps, and 1950s music. Old 1950s cameras would be appreciated, too.

"These are the items we need to borrow from friends, neighbors and family members," Pence said.

The village Christmas event will include carolers from the Sanibel Community Chorus under the direction of Steve Cramer, followed by the BIG ARTS brass ensemble. Each village building will incorporate period décor in celebration of the theme with live interactive events. The Rutland House will be lively with docent Dave Richard at the piano, along with an individual photo opportunity for guests.

The Sanibel Historical Village is closed for the off-season. After the summer hiatus, the museum will re-open for season on October 18. At that time, hours will be Tuesdays through

Saturdays from 10 a.m. to 4 p.m. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). There is handicap access to all buildings. Admission is \$10 for adults (18 and over). Members and children are free. For more information, call 472-4648 during museum hours or visit www.sanibelmuseum.org.

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Nealon’s Artwork Adorns New Sanibel Business



Kimberly Nealon with Joey Almeida, co-owner of Joey’s Custard in the Bailey’s Shopping Center, where some of Nealon’s original paintings are on display

photos by Jeff Lysiak

For the first time since she moved to Southwest Florida 24 years ago, artist Kimberly Nealon is showing a number of her original oil paintings at one of Sanibel’s newest businesses. Recently, eight of Nealon’s paintings were unveiled inside Joey’s Custard (formerly Zebra Treats With A Twist), located in the Bailey’s Shopping Center. The blending of fine art and frozen sweets might not seem like a logical partnership, however, the story behind how the artist met a local businesswoman



Tulips, 16x20-inch oil painting by Kimberly Nealon



Tropical Fish, 12x16-inch oil painting by Kimberly Nealon

may better explain their partnership. “I met Debi (Almeida, co-owner of Joey’s Custard) at the birthday party of a mutual friend, and we really hit it off,” recalled Nealon. “She told me that she was interested in hanging some of my paintings at her new business. She told me she just wanted to make her walls more beautiful.” According to Nealon, whose love of art began the moment she could hold a crayon, she had previously exhibited her artwork in the New England region. A native of Bridgeport, Connecticut, she also spent time living in Europe, visiting some of the world’s most renowned museums and watching painters, sculptors and artisans hone their crafts. “I’ve painted for years, but mostly for myself,” she said. “As time has gone on, some of my friends have encouraged me to do something with my paintings.” One of Nealon’s dearest friends, Roni Freer of Sanibel, was one of her greatest champions. “(Roni) would always be prodding me to exhibit my artwork... she really believed in me,” the artist said of Freer, who passed away last spring. “The fact

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Pervious Pavers Application Continued

by Jeff Lysiak

A variance application requesting permission to install semi-pervious brick pavers in the parking lot and driveway of West Wind Inn, which had been scheduled for public hearing during Tuesday's planning commission meeting, was continued to next month's session after both the applicant and city staff – following some miscommunication and misunderstanding of several items to be mitigated – agreed to postpone the matter.

In the application, West Wind Inn was seeking a variance to exceed the maximum permitted impervious coverage allowed on the property that would allow the installation of semi-pervious brick pavers over existing shell and sand parking areas and driveways. In addition, a development permit was submitted to convert two existing tennis courts into additional off-street parking spaces and to install an underground exfiltration trench design stormwater storage and drainage system.

According to Jim Jordan, the city's planning department director, he and his staff met with Doug Babcock, a representative for property owners Sanibel-Captiva Beach Resorts on August 8. He told the commission that with five issues yet to be resolved, both parties had agreed to continue the hearing until the September 13 meeting.

However, Babcock and other representatives of West Wind Inn indicated that no agreement to

postpone the hearing had been reached, and that he wanted the application to be presented to the commission.

Members of the commission were puzzled by the impasse, voicing their concerns over holding an application hearing without all of the pertinent details included with their pre-meeting information packets.

"I felt I was about halfway there to understanding just what their proposal was," said commissioner Chuck Ketteman, a sentiment echoed by both chair Dr. Phillip Marks and fellow commissioner Tom Krekel. "There aren't any engineering drawings included with these applications," Krekel explained. "For me, (the submitted variance application) would not be enough as it is."

"To me, the more information I have to make an informed decision, whether it's today or in two weeks, is something I would appreciate," added commissioner Holly Smith.

Jordan later explained the five issues remaining to be mitigated include:

- The applicant must provide evidence that demonstrate alternative locations outside of the Gulf Beach Zone were considered for providing additional off-street parking but were found not to be feasible.
- To mitigate for the requested 2.7 percent increase in impervious coverage at the West Wind Inn, the applicant should provide plans to remove certain existing onsite land improvements and restoring these area with native vegetation in accordance with the intent of the resort's redevelopment standards for bringing a nonconforming property closer to compliance with the code.
- The applicant must revise their current site plan by eliminating the proposed off-street parking area

encroachment into the front yard setback from the right-of-way for West Gulf Drive.

- With regards to the underground drainage and stormwater system, the applicant shall address how this system will be maintained to ensure that it will continue to function properly as designed and provide the manufacturer's and engineer's specification for the preferred method of installing the semi-pervious brick pavers over the underground stormwater and drainage system.

- A commitment to routinely perform the necessary maintenance required in order to keep both the semi-pervious brick pavers and the underground drainage system functioning as intended shall be provided.

Babcock told the commission that it was his understanding, after meeting with several of the city's department leaders in May, that the variance application could progress to a public hearing even without all of the issues cited in the staff report mitigated. "Our timing is kinda crunched if we want to complete this project this year," he noted.

Following some additional discussion on items to be resolved, both sides agreed to continue the public hearing until the next available commission meeting. Previously, commissioners agreed to convene only a single meeting during the month of August. Commissioner Jason Maughan made a motion to continue the hearing until the September 13 meeting at 9:05 a.m., which was seconded by Marks. The commission voted to continue the hearing by a vote of 4 to 1, with Smith voting no, vice chair Chris Heidrick abstaining and commissioner John Talmage absent.

In other business, commissioners approved a draft ordinance to not require the mandatory articulation of building facades that cannot be seen from off-site locations.

Currently, under the established architectural design standards and examples requirements of the Land Development Code for any building devoted to resort housing, commercial, multi-family and institutional uses, both the horizontal and vertical planes of a building's façade must be architecturally articulated to visually break-up its mass, size and bulk so as not to appear large or monolithic.

The draft ordinance amends the architectural design standards and examples standards to exempt buildings' facades that cannot be viewed from off-site from having to comply with this architectural articulation requirement of the code.

"Where it can be clearly demonstrated that both the horizontal and vertical screen and wall planes of a building's façade cannot be viewed off-site from adjacent conservation lands, public rights-of-way, beaches or other surrounding land uses; compliance with the articulation standards of (4) b. of this Section is considered optional and not mandatory," the amended language reads.

Prior to approving the draft ordinance, Heidrick suggested that a vegetation buffer not be allowed to screen a building's façade while Maughan recommended adding single-family residences to the included uses. Ketteman made a motion to approve the draft ordinance with the pending additions, which was seconded by Marks and approved unanimously.

The final ordinance will be considered by the Sanibel City Council at the September 10 meeting.*



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Panther Baseball Alumni Fishing Tournament

Following a successful event last year, the Panther Baseball Alumni Club – an organization that raises funds to support the Cypress Lake High School baseball team – will hold its 5th annual fishing tournament on Saturday, August 20. Their support is instrumental to the ball club's operations; paying for equipment, purchasing supplies and, most importantly, awarding scholarships to student athletes that exemplify leadership within their community.

The tournament will be held out of the Lighthouse Waterfront Restaurant & Bar at Port Sanibel Marina, located at 14301 Port Comfort Road in Fort Myers. It begins with an honor start at 7 a.m. Scales will open at 2 p.m. and will close at 4 p.m. with a live weigh-in followed by dinner, raffles and results ceremony at Lighthouse Restaurant.

There will also be a celebratory dinner and drinks, which all anglers receive with registration. More than \$5,000 in cash and prizes will be awarded, along with great deals on raffles, prizes and 50/50 drawing during dinner.

"It is so nice to see the business community teaming up with the fishing community to provide impactful, grassroots support of hometown student athletes," said Chris Davison, president of the club.

Teams must be registered by the Captain's Meeting on Friday, August 19 at 6 p.m. at the Lighthouse Waterfront Restaurant & Bar at Port Sanibel Marina, and at least one team member must attend the meeting.

To register for the tournament and for complete details, visit www.PantherBaseballAlumni.org. All major credit and debit cards are accepted.✱

CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

For reservations, contact Rachel Rainbolt at rrainbolt@crowclinic.org or 472-3644 ext. 229 to register. Hours are Monday through Friday, 10 a.m. to 4 p.m.; closed weekends. CROW is located at 3883 Sanibel-Captiva Road.

Friday, August 12, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Why Animals Come to CROW.

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, August 12, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Monday, August 15, 11 a.m., adults \$7, teens \$5, 12 and under no charge – CROW Case of the Week, presented by a CROW student.

CROW's teaching hospital offers externship, fellowship and internship

opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and are share their favorite patient stories.

Tuesday, August 16, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Wednesday, August 17, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wildlife Rescue 101.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of balanced diet, husbandry and physical therapy. Supportive care is necessary to ensure success during the final stage in the rehabilitation process. Ask the staff how they work their magic. Live animal encounter following the presentation.

Thursday, August 18, 11 a.m., adults \$7, teens \$5, 12 and under no charge – Patient Profiles: Gopher Tortoises, presented by a CROW volunteer.

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a "keystone species." CROW's presenter explains why they are admitted and how the medical staff treats this species.

Friday, August 19 11 a.m., adults \$7, teens \$5, 12 and under no charge – Wild About Rehabilitation, presented by CROW staff.

After a patient stabilizes in the hospital, CROW's rehabilitation staff provides them with a combination of

balanced diet, husbandry and physical therapy. This supportive care is necessary to ensure success during the final step in the rehabilitation process. Ask the staff how they work their magic.

Friday, August 19, 2 to 3:30 p.m., \$20 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. The program has two parts: an introductory presentation covering medical and rehabilitation methods and then a guided tour through treatment areas of the hospital, concluding on rehabilitation grounds. Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. This program is open to all, but it is not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.✱

Film Screening At Sea School

On Friday, August 25, Sanibel Sea School will hold a community screening of *Mullet: A Tale of Two Fish*. The documentary, part of WGU Public Media's Sustainable Seafood Series, provides an overview of the historical and economic significance of this species in Florida, and its potential to become a more popular source of sustainable protein in the future.

The screening will be followed by a question-and-answer session with local mullet experts, including scientists, restaurateurs and fishermen. Attendees will also have the opportunity to sample mullet hors d'oeuvres provided by Sweet Melissa's Café.

"We hope the event will encourage people to become more open to trying sustainable seafood options that they might consider unusual," said Dr. Bruce Neill, Sanibel Sea School's executive director. "Mullet has a bad reputation in the restaurant industry, but it is actually delicious and can be prepared in so many ways."

The screening begins at 6 p.m. at the school's flagship campus, located at 455 Periwinkle Way. Space is limited, so call 472-8585 to reserve seats. To learn more, visit sanibelseaschool.org.✱



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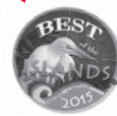
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Traveling Water Lab Coming To 'Ding' Darling



WaterVentures Florida's Learning Lab will visit "Ding" Darling on December 3

photo courtesy DDWS

WaterVentures Florida's Learning Lab will make a one-day stop to "Ding" Darling Visitor & Education Center on Saturday, December 3. The 53-foot traveling science center offers a hands-on look at Florida's diverse watersheds, water conservation and recycling programs. It will be on site in conjunction with the visiting Smithsonian Water/Ways exhibit, running from October 28 through December 8.

"The experience ties in nicely with our Water/Ways exhibit," said Sarah Lathrop, associate director of "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the nonprofit that is funding the exhibit's visit. "The six-week exhibit will take a global look at water relative to the environment, culture, history and religion, but will also examine the issues and context facing our liquid assets here at home through collaborative programming we are creating internally."

Lathrop will oversee the exhibit with supervisory refuge ranger Toni Westland. The center was selected as one of six Florida locations to host Water/Ways, part of the Smithsonian's Museum on Main Street program. The exhibit examines water as an environmental necessity and important cultural element.

continued on page 34

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Invasive New Guinea Flatworm Identified On Sanibel Island



New Guinea flatworm

photo credit Shinji Sugiura, Google Images

The New Guinea flatworm (*Platydemus manokwari*), an introduced non-native invasive species to South Florida, has been positively identified on Sanibel Island. In September 2015, Sanibel-Captiva Conservation Foundation (SCCF) staff collected and preserved an unknown flatworm species on property owned by



New Guinea flatworm captured on Sanibel, September 2015 photo courtesy SCCF

SCCF. The specimen was sent to experts at Florida International University and has been positively identified as the New Guinea flatworm.

The New Guinea flatworm, as its name suggests, is a native to New Guinea and other South Pacific islands. It was first discovered outside its native range in 1962 in Queensland, Australia. The flatworm has been identified worldwide throughout almost all temperate to tropical climate zones in places such as France and Miami. This flatworm lives in the soil and is transported worldwide, most likely through potted plants. Most recently, it was identified in Cape Coral and reported in the local media.

The New Guinea flatworm feeds mainly on adult tree snails and their eggs as well as other invertebrates that live in the soil. With no known predators and a voracious appetite, the New Guinea flatworm has been known to have detrimental impacts on populations of native tree snails worldwide.

The flatworms are known vectors for the parasitic nematode *Angiostrongylus cantonensis*, (also known as rat lungworm) and may be spread to humans. The flatworms are also coated in an acidic slime and should not be handled. If touched, individuals should wash their hands immediately. If encountered, individuals can exterminate these flatworms by pouring boiling water on them. However, positive identification is important to ensure that native species are not harmed in the process.

The New Guinea flatworm looks similar to a leech, measures 40 mm to 65 mm long and is typically flat and very dark brown with a thin light stripe down the middle of its "back." If you think you've found a New Guinea flatworm but are unsure, call Joel Caouette at the City of Sanibel Natural Resources Department at 472-3700 or send pictures to joel.caouette@mysanibel.com. You can also report sightings to the Florida Fish and Wildlife Conservation Commission at 888-IVE-GOT1 (888-483-4681).*

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Birds Are The Focus Of 'Ding' Darling Days

In addition to celebrating Jay Norwood "Ding" Darling's 140th birthday and National Wildlife Refuge Week, this year's "Ding" Darling Days from October 16 through October 22 acknowledges the centennial of the convention between the U.S. and Great Britain (representing Canada) for the protection of migratory birds.

The Migratory Bird Treaty Was Signed On August 16, 1916

The 27th annual "Ding" Days at the refuge will focus on birds.

"That's not at all difficult, since the refuge is known worldwide for its more than 250 bird species," said Toni Westland, supervisory refuge ranger and committee co-chair for "Ding" Days. "We urge bird- and refuge-lovers to share the birdyear hashtag on their social media postings throughout the year."

Family Fun Day, which traditionally kicks off the week with free activities, will feature live bird presentations on Sunday, October 16. The day includes complimentary tours, archery clinics, hot dogs, a touch tank, butterfly house, Jim Sprankle bird-carving demos and kids' nature crafts and bird games.

Free programs will focus on bird topics such as the refuge's reddish egret study and the history of the feather wars plume trade. On Thursday, October 20, an International Bird Film Festival will air throughout the day. The refuge and Tarpon Bay Explorers will conduct birding tours and other free and discounted excursions throughout the week.

On Friday, October 21, Darling's official birthday, the refuge invites the public for free cake and the showing of the documentary *America's Darling*, starting at 11 a.m.

Conservation Art Day winds up the celebration on Saturday, October 22, with visits from four-time and current Federal Duck Stamp winner Joe Hautman and federal and state Junior Duck Stamp winners. Nature art workshops include a photography tram along Wildlife Drive.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends of the Refuge and Tarpon Bay Explorers co-sponsor "Ding" Darling Days



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Plant Smart

Passion Vines

By Gerri Reaves

Whether you're looking for plants that are low-maintenance, gorgeous, versatile, or butterfly-friendly, you can't go wrong with most passionvines.

Three popular ones – two native and a Florida-friendly non-native – are maypop (*Passiflora incarnata*), corkystem passionflower (*Passiflora suberosa*) and scarlet passion flower (*Passiflora coccinea*).

The natives surpass the non-natives in drought tolerance and butterfly friendliness. Most importantly, they are hosts, or larval plants, for the gulf fritillary and zebra heliconian (zebra longwing), as well as nectar plants for others. Additionally, maypop is the host for the variegated fritillary and corkystem for the Julia heliconian.

These fast-growing vines can be used to cover fences or trellises, or even as a groundcover or potted plant. Coiled climbing tendrils are distinctive features for these vines, which will survive in a variety of light conditions.

Don't despair when caterpillars devour the leaves. Butterflies will follow and the vine will quickly replace the foliage.

The natives' edible fruit is a food source for wildlife. Maypop's apricot-size fruit can be made into a delicious jelly – if you can get to it first.

Maypop's has its odd name because the hollow fruit "pops" open when pressed to reveal seeds.



Native corkystem passionflower's tiny flowers and corkscrew tendrils photos by Gerri Reaves



Native maypop's large fringed flower

Its exotic fragrant flowers with purple and white filaments are so striking that they may seem artificial at first acquaintance.

Those bluish purple flowers, which give it the alternate name purple passion flower, measure up to three inches across and bloom most of the year.

In contrast, corkystem's greenish white flowers are tiny, although just as exotic when viewed close up. They bloom all year long.

There is some disagreement on whether its tiny purple fruit is edible for humans.

Passionvines can be cultivated with seeds, cuttings or root shoots. However, corkystem easily self-propagates. Once you have one in the yard, more will spring up.

The grooved corky stems of the mature vine make it easy to identify and, for true lovers of native vines, are an ornamental feature.

One confusing feature is the leaf shape can vary, even on the same plant.

Scarlet passion flower, a native of South America, also attracts butterflies and hummingbirds, but is not a larval plant.



Non-native scarlet passion flower's brilliant color

It is cold-sensitive, compared to native passion vines, and is more susceptible to pests, specifically nematodes.

The short-lived brilliantly colored flowers are three to five inches across and are definitely stunners.

Remember to avoid pesticides and other chemicals near butterfly plants. Also, purchase only butterfly-host plants that have not been treated with chemicals, for they will kill the larvae. Sources: Everglades Wildflowers by Roger L. Hammer, Florida's Native Plants by Robert G. Haehle and Joan Brookwell, The Shrubs and Woody Vines of Florida by Gil Nelson, Waterwise by SFWMD, edis.ifas.ufl.edu, floridata.com, hort.ifas.ufl.edu, and nababutterfly.com.

Plant Smart explores the diverse flora of South Florida.✧

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CROW Case Of The Week:

Mottled Duck

by Bob Petcher



The mottled duck (*Anas fulvigula*) is a medium-sized dabbling duck – one that feeds mainly at the water surface as opposed to diving – that is in between a female mallard and an American black duck in appearance. It belongs to a worldwide group of approximately 20 species of closely related ducks referred to as the mallard complex, where all the species have a similar body shape but differ in their feather characteristics and color.

Often called the Florida duck, the dark brown-bodied, light brown-headed mottled ducks generally live along the Gulf of Mexico coast between Alabama and Mexico. When not in

breeding season, individual birds may fly as far south as to Veracruz, Mexico on the west side of the Gulf.

But mottled ducks are generally non-migratory birds. In Florida, they tend to spend their entire life within the state's brackish and freshwater marshes, ponds, lakes, rivers, canals, ditches and mosquito impoundments. They favor treeless country and wide horizons.

In fact, the mottled duck is the only duck adapted to breeding in southern marshes. A distant relative of the more common mallard, it is considered being in danger of being displaced by its distant cousin, primarily because of hybridization. That major threat of interbreeding threatens the species' survival of its pure stock.

Another threat of extinction for the mottled duck is the draining and destruction of marshland that has had a serious impact on the total population. It has been said that these rapid changes in the landscape within south Florida can be blamed on agricultural and urban development.

Unlike most waterfowl, mottled ducks are rarely seen in large flocks. They tend to circulate in pairs or small groups. When feeding, mottled ducks dabble in shallow water and graze on land. They mainly eat plants, but can dine on particular mollusks and aquatic insects. Roughly 40 percent of the mottled duck's diet consists of insects, snails, mollusks, crayfish and small fish. The other 60 percent involve grass seeds, stems and roots, seeds of other marsh plants and bayberries.

To distinguish between a male and female mottled duck, look no further than the duck bill. The male's bill is generally bright yellow, while the female beak is deep to pale orange, sometimes including black splotches around the edges and near the base.

Mallards and mottled ducks differ in their respective wing patches. Both sexes of the



Patient #16-2566 is sporting a head wound but is responding well to treatment and feeds on its own
photo by Kenny Howell

mottled have a shiny green-blue wing patch compared to the white-bordered wing patch of the mallard.

Averaging 17 to 24 inches in length from head to tail, the mottled duck is one of the most frequently banded waterfowl. Records show that one out of every 20 mottled ducks is banded.

Florida mottled ducks nest from February through July. The females tend to locate their nests in dense vegetation (tall grasses, rushes or palmetto thickets) on the ground near water. Once born, the young leave the nest shortly after hatching. Unlike other animals that have an adjustment period, female mottled ducks move their ducklings to water within 24 to 48 hours of hatching and then to feeding sites, where the babies are

continued on page 28



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Thunderstorms Change Daily Plans



by Capt.
Matt Mitchell

Daily fishing plans were often changed by the minute this week, due to the weather. I did manage to get out and fish most of my scheduled trips but the game

plan often had to be quickly modified to avoid unpredictable thunderstorms that some days had lots of lightning and made things dangerous at times. During one memorable weather event trip this week, we had to race in to the nearest safe shelter and run from the boat during a massive downpour, taking cover under a small area at Demiere Key. Twenty minutes later, the lightening had passed and we went right back to fishing.

Redfish action continues to improve and was often best right after the rain had passed and cooled the water temperature. Fishing the mangroves during the last

hour of the incoming tide, we caught redfish on a variety of baits, including shiners, pinfish and cutbaits. Simply put, if the redfish are there, they will eat basically any offering. Redfish this week were from 20 to 24 inches.

Mangrove snapper fishing is still going strong if you take the right bait. These hungry snapper just go off on shiners and can be caught all through the region. Most of my fishing, when the weather has allowed, has been in the middle to northern sound. With much cleaner water being found north of Redfish Pass, this cleaner water just has much more life in it, including bait, birds and fish. While avoiding the rain early in the week, I did spend some time closer to home fishing in the mouth of the river, which also held lots of mangrove snapper, although these fish are just not as large as the ones we have been catching in the northern sound.

The clean clear grass flats on the inside of Redfish and Captiva passes were good places to bend a rod all week as well, with a good mixed bag of fish. With so much bait in these areas, it's no wonder there as so many varieties of feeding fish here. From Spanish mackerel to trout and sharks, everything is here. As long as the tide is moving, the flats just inside the passes are offering non-stop action.



Frank Edwardi from Sea Isle, New Jersey with an upper-slot redfish caught while fishing with Capt. Matt Mitchell

Summer weather can be challenging at times and this week proved that to be very true. Getting caught out in a lightning storm is no joke and getting away from it should be your number one priority. All summer long, keep your eyes on the sky first. Another great tool is the local weather radar on your smart phone. Weather radar can take a lot of the guesswork out of predicting storm movement, although this week we had days that the storms just popped up all around us and even right on top of us, then moved in all different directions.

When out on the open bay, it's usually possible to avoid the storms by just moving around. This week the weather was much more unpredictable. If it looks like

you are going to get caught out, don't hesitate and get somewhere safe quickly. In years past, I remember having to tie up the boat and put my clients on one of the fish camp docks in the northern sound, hiding in the mangroves or even putting the boat under a private covered dock. During crazy lightning, when in fear for your life, there are no rules, just get somewhere safe until it passes.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions email captmattmitchell@aol.com.✪

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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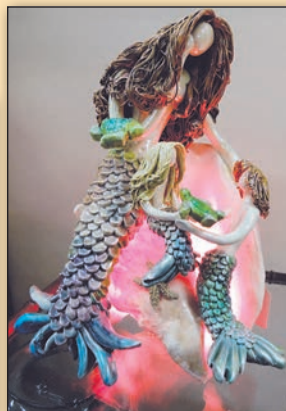
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From page 1

Junior Anglers



Lindsay Rizzo and Arianna Alves kissing the shrimp bait photos by Jeff Lysick

on the beach,” she said, still wearing a wide grin. “I like the one I caught today better because it had light blue and yellow stripes. It was really pretty!” Following a morning of fishing the waters of San Carlos Bay, San-Cap Optimist Club members Stan and Dani Howard, Mark Steger and Richard McCurry served up grilled hot dogs to the kids. Thanks were also offered to supporters of the Junior Anglers program: Bailey’s General Store, for providing the young fishers with bait each week; Tarpon Bay Explorers, for providing fishing poles and tackle; and Adventures In Paradise, for hosting the group during their 90-minute excursion out of Port Sanibel Marina.✱



Optimist friend Lee Steinbecker, left, assisting Junior Anglers baiting their hooks



Dani and Stan Howard serving lunch to a bunch of hungry Junior Anglers

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Rebecca Kelly shows off her catch



Alexander Erickson preparing to cast



Camp counselor Jenny Malvica keeping an eye on Brandon Stevens and John Kelly



Richard McCurry and Mark Steger manning the grill

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STARBUCKS COFFEE

BEST of the ISLANDS Family Magazine 2015

Emerson Miniature Cerith



by José H. Leal,
PhD, Bailey-
Matthews National
Shell Museum
Science Director
and Curator

Emerson
miniature
cerith,
Retilaskeya
emersonii (C.B.
Adams, 1839) is

one of those shells that could compete for the throne of “most handsome” local shell, if only it were five times larger than its actual size! But at 8 mm (0.3 inch) in average size, these miniature ceriths go unnoticed by most except for the serious microshell collectors. The species boasts an elegant sculpture of three rows of rounded, sometimes glossy beads, with the shell whorls separated by a well-defined groove (known as *suture*). The shell may display a combination of different shades of yellow, cream and brown, with the earlier whorls (toward the tip of the shell) usually darker. Learn more about local mollusks at <http://shellmuseum.org/shells/southwest-florida-shells>.

Shell Museum Events:

Daily programs are included with paid admission:

Arts & Crafts 1:30 to 2:30 p.m.

Live Tank Talks – Presented by a
marine biologist

Additional daily programs begin each day at 11:30 a.m.

- Monday – Shell Games: Learn about shells while playing fun and educational games for the whole family.
- Tuesday – Fossil Dig: Finding fossils can be an adventurous and exciting hobby. Each discovery is a window into the past, full of mystery and learning.
- Wednesday – Hands-on Science: You will learn about the three common Southwest Florida gastropods; the Florida fighting conch, the lightning whelk and the Florida horse conch.
- Thursday – Cool Shells: Get an insider's look at some of our coolest shells that are not on display!
- Friday and Saturday – Guided Museum Tour: Your guide will give you an inside look at some of our 32 exhibits located in our Great Hall of Shells. These exhibits include: Sanibel-Captiva shells, fossil layers, money cowries, cephalopods, Calusa Native Americans, sailors' valentines and world record-size shells, among others.
- Sunday – Shell Games: Learn about shells while playing fun and educational games for the whole family.

Please check our arrival board in the main lobby for updates to daily schedules.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org. ✨



Emerson miniature cerith, *Retilaskeya emersoni*

photos by José H. Leal

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Shell Found



From left, Bennett, Adela and Noah DePestel photo by A. Ziehl

Three members of the DePestel family – Noah, 8, Bennett, 6, and Adela, 4 – visiting from Dexter, Michigan, found a junonia while collecting shells on the beach in front of Ocean’s Reach on August 2.*

Shell Found



Margie Espinosa
Margie Espinosa from Dallas, Texas found her first junonia at Blind Pass/Turner Beach after five visits to Sanibel Island.*

Shell Found



Dave Cunningham
Dave Cunningham from McKinney, Texas found a junonia at Blind Pass. This is the second junonia that he’s found in the past two weeks. McKinney said, “Hey, Pam Rambo, who’s the super sheller now? Hee hee.”*

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AMONG THE FLOWERS CAFÉ

Among the Flowers is a locally rooted, organic café located on Sanibel Island that focuses on quality of ingredients and purposeful nutrition. Sandwiches, coffee and espresso drinks, steamed special-teas and herbal teas, raw cold-pressed juices, fruit smoothies, mylkshakes and raw desserts are crafted with love and attention. 100 percent vegetarian/vegan. Come vibe with us.

Open Tuesday through Sunday from 9 a.m. to 4 p.m.
2003 Periwinkle Way, 312-4085

BAILEY'S GENERAL STORE

Bailey's General Store has a full deli, bakery, daily lunch specials, take out and catering for cook-outs, picnics and parties. This is the oldest supermarket on the islands, established long before a causeway linked Sanibel to the mainland.

The bakery has freshly made donuts, scones and breads. The deli offers a variety of hot foods for breakfast, lunch and dinner, as well as catering services for special events. Services include shopping for your groceries and delivering them to your home or vacation destination. If you are on a gluten-free diet, pick up the extensive list of gluten-free products near the entrance to the supermarket.

The Coffee Bar at Bailey's serves espresso based drinks, hot chocolate, smoothies and specialty coffees.
2477 Periwinkle Way, 472-1516

Bailey's has a second location at Sundial Beach Resort & Spa at 1451 Middle Gulf Drive.

BEACH PIEZ

Beach Piez New York style pizza offers carry out and delivery on Sanibel and Captiva. Hours are Monday through Wednesday from 11 a.m. to 9 p.m., Thursday, Friday and Saturday from 11 a.m. to 10 p.m., and Sunday from noon to 9 p.m. With fresh ingredients, mouth-watering mozzarella, provolone cheese "secret recipe" dough, homemade pizza sauce and family recipe meatballs, Beach Piez will deliver the best pizza the island has to offer.

2441 Periwinkle Way, 472-3224

CIP'S PLACE

Cip's Place is named for the late Jimmy Cipriani, a longtime islander and owner of the property on which the restaurant sits. Jimmy always made time for a good conversation, good company and great food. In Jimmy's memory, Cip's styles itself as a local watering hole. A mural that takes up an entire wall shows lots of islanders through the ages – including Cip – and if you don't recognize them all, ask to see the "key."

Food choices range from "comfort" to culinary with some Caribbean and island favorites as well. And do try the home-made potato chips, the fried buttermilk chicken with sage gravy and the snapper tacos.

Choose between the outdoor garden patio and front porch. Indoor seating and full bar are also available. Hours are 11 a.m. to 9:30 p.m. daily, with happy hour from 4 to 6 p.m.

2055 Periwinkle Way, 472-0223

CLAM SHACK

The Clam Shack offers New England seafood at its finest. From clam chowder to whole belly steamers to the ever-popular lobster rolls to fresh cod and had-dock to traditional lobsters, your taste buds will enjoy the delightful diversion from the conventional Florida seafood elsewhere on the island. Want the full experience? Try the Clam Bake, which will provide you with a bit of almost everything.

The Clam Shack is family owned and operated and a sister restaurant of The Clam Bake, a well-established eatery in Fort Myers.

Summer hours are Sunday through Thursday from 11:30 a.m. to 8 p.m.; Friday and Saturday from 11:30 a.m. to 9 p.m.

2407 Periwinkle Way, 472-6882



From left, executive chef Scott Swamba and general manager Marcus Preece of Il Cielo
photo by Bob Petcher

DOC FORD'S RUM BAR & GRILLE

Doc Ford's is a well-known local's restaurant famous for its great food and service. They have something for everyone from the foodie to the sports enthusiast! Plenty of indoor and outdoor seating boasting "Award winning flavors from the Caribbean Rim." The restaurant is named for the Doc Ford character in local author Randy Wayne White's best-selling mystery novels. With locations on Sanibel & Captiva Islands and Fort Myers Beach, all locations offer island favorites like Yucatan shrimp and fish tacos along with raw bar selections and always fresh local seafood dishes. Premium rums and tropical drinks such as the Island Mojito are a specialty of the house. The combined menu offers both lunch and dinner daily from 11 a.m. to 10 p.m.

Doc Ford's Sanibel, 975 Rabbit Road, 472-8311;
Doc Ford's Captiva, 5400 South Seas Plantation Road, 312-4275, Doc Ford's Fort Myers Beach, 708 Fishermans Wharf, 765-9660

GRAMMA DOT'S

Gramma Dot's, the only dockside dining on Sanibel, offers a lunch and dinner menu seven days a week from "Sanibel's only seaside saloon" where you can leisurely dine at the Sanibel Marina in view of luxury yachts and modest fishing boats and watch the comings and goings of seagoing folk and fishermen. The menu features a full line of "only fresh" seafood, salads, sandwiches and more. Appropriate dress is required.

If you're arriving by boat, check in with dockmaster for a lunch slip, monitor VHF 16. You can tie up for a night or two at the available dockage if you wish. Gramma Dot's is open daily at 11:30 a.m. For dinner, arrive before 8 p.m.

634 North Yachtsman Drive, 472-8138

GREAT WHITE GRILL

The Great White Grill is a sports bar featuring 31 beers on tap and a good wine list. It's home of The Steel Curtain Pizza. There's free pizza delivery, too. The Great White carries the MLB, NFL and NHL packages for sports enthusiasts and has arcade games for kids of all ages.

The regular menu includes hand-tossed fresh dough pizza, jumbo wings, Pittsburgh sandwiches, Philly cheesesteaks, Chicago beef sandwiches, salads, gyros, sandwiches and burgers. Check out the Pittsburgh Salad, which consists of grilled chicken, French fries, cheddar cheese, cucumbers, tomatoes and onions on a bed of lettuce.

2440 Palm Ridge Road, 472-0212

IL CIELO

Il Cielo offers creative American cuisine and internationally inspired specials in an upscale casual atmosphere. From locally caught fish, American lamb and grass-finished beef to farm-fresh organic produce, there is a thoughtfully prepared dish on the menu for everyone.

Il Cielo is open Tuesday through Saturday from 4:30 to 9 p.m. Happy hour is from 4:30 to 6 p.m. and features signature small plates, appetizers and half-priced house wines, domestic beers and well drinks. Enjoy live piano music by Scott McDonald on Wednesday, Thursday, Friday and Saturday nights beginning at 7 p.m.

1244 Periwinkle Way, 472-5555

IL TESORO

Il Tesoro serves authentic Italian food "with the taste and feel of a Tuscan holiday" according to owner Chef AJ Black. He infuses flavors from the old world to the new world of cooking using only fresh seasonal ingredients to bring his dishes to life. Daily specials focus on pairing authentic meals with a bold array of fine Italian wines.

Il Tesoro (The Treasure) serves dinner six nights a week, excluding Monday during summer months, from 5 to 10 p.m.

751 Tarpon Bay Road, 395-4022

ISLAND COW

The Island Cow is a family favorite with its colorful indoor and outdoor seating and live entertainment. "Come as our guests... leave as our friends!" is the motto. The Cow serves breakfast, lunch and dinner featuring fresh local seafood and meats and has an extensive children's menu. Starbucks coffee is also on the menu. Now serving full liquor island cocktails!

Breakfast is served between 7 and 11 a.m. Hours are 7 a.m. to 10 p.m.

2163 Periwinkle Way, 472-0606

JACARANDA

The Jac, as it is known to regulars, has been serving excellent seafood for three decades and offers the best of two worlds: dining room seating or dinner under the stars in the screened garden patio. The patio lounge is home to some of the best nightlife on the islands, seven nights a week. Bands include Renata, Wildfire, and Cruzan Vibes' reggae on the weekends.

The patio lounge menu includes a selection of "happy apps" starting at \$5.95 and half price drinks during happy hour from 5 to 7 p.m.

Dinner reservations are suggested
1223 Periwinkle Way, 472-1771

JERRY'S RESTAURANT AND DELI

Jerry's Restaurant and Deli in Jerry's Market is the next best thing to dining in a tropical garden. This family-style restaurant has large windows to view the lush garden with caged tropical birds that are favorites with visitors and residents. Daily specials are offered in the spacious restaurant and you can order a sandwich or hot food from the deli or help yourself at the well-stocked salad bar to take out.

The restaurant is open for breakfast, lunch and dinner from 7 a.m. to 8:30 p.m.

1700 Periwinkle Way, 472-9300

LAZY FLAMINGO

The Lazy Flamingo is a famed island hang-out with two Sanibel locations. "If our seafood were any fresher, we would be serving it under water!" is the Flamingo's motto. And that includes, shrimp, grouper, oysters, conch fritters and chowder as well as chicken.

The Flamingo Bread and the caesar salad are signature items. Pull up a stool to the rustic bar or take a high or low table. The interior feels like the inside of an old pirate ship with its portholes and hewn wood surfaces. The atmosphere is definitely casual and beer is available by the bottle, on draft or by the pitcher.

1036 Periwinkle Way, 472-6939
6520 Pine Avenue, 472-5353

MATZALUNA ITALIAN KITCHEN

Are you in the mood for pizza? Matzaluna Italian Kitchen has a wood-fired oven to bake authentic pizzas, including gluten-free ones. That's in addition to a big menu, involving over 20 combinations of pasta dinners from \$11.95 (including soup or salad and fresh baked bread), affordable veal, tender chicken, choice steaks and seafood (Italian style) in a casual market-like setting. Gluten-free pizza is also available.

Matzaluna has craft beers on tap. On Wine Wednesdays, every bottle priced \$25 and over will be discounted by \$8 all evening. Hours are 4:30 to 9:30 p.m. daily and happy hour is from 4:30 to 6:30 p.m.

1200 Periwinkle Way, 472-1998

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OVER EASY CAFÉ

Over Easy Café is a pet-friendly place with indoor and outdoor dining for breakfast and lunch. The covered patio is a popular spot. Choose from 22 different eggs benedict, scramblers and omelettes, 11 pancakes and French toast choices, 15 egg specialties and wraps, eight salads and 26 sandwiches and burgers, plus baked goods. Beer and wine is available. Breakfast is served all day. Hours are 7 a.m. to 3 p.m.

630 Tarpon Bay Road, 472-2625

PECKING ORDER

The Pecking Order features tender, juicy, fried chicken and all the fixins. The chicken is marinated and seasoned, and the high-pressure deep-frying system produces a crispy coating that seals in the juices without allowing the fat to penetrate.

Homemade sides include slow-cooked collard greens, sweet and spicy baked beans, cheesy shell mac, rice and beans, cole slaw, mashed red potatoes and gravy, Harlem special, cheesy grits and veggie chili. Try the Black Betty, a warm, dark chocolate torte filled with liquid dark chocolate, sprinkled with sea salt flakes and confectioners' sugar.

Take out, delivery and outdoor dining available.
2496 Palm Ridge Road, 472-2534

ROSIE'S CAFÉ & GRILL

Rosie's repertoire includes crab cakes, grouper and shrimp entrees and steaks with all the trimmings, Southwestern dishes such as burritos and fajitas, soup and sandwich combos and salads. Among the most popular items is Rosie's Famous Cheese Steak made from shaved rib eye, grilled mushrooms, onions and green peppers, Ultimate Cuban and Classic Reuben, home-made muffins and cinnamon rolls and Key lime pie, root beer floats and banana splits. A children's menu is also available. Carry out, indoor or outdoor seating.

Check out our all new menu items for breakfast, served from 8 to 11 a.m. Monday through Saturday and 8 a.m. to 2 p.m. Sunday. Happy hour is from 3 to 6 p.m. seven days a week with two-for-one draft beer and wine. The ice cream bar has 20-plus flavors of locally made Royal Scoop Ice Cream.

2330 Palm Ridge Road, 579-0807

SANIBEL BEAN

The Sanibel Bean coffee shop is java central on Sanibel Island. With its indoor and outdoor seating and free Wi-Fi, it's a popular venue for laptop-toting coffee lovers to relax and check their inboxes, have breakfast or lunch or recharge the batteries in the afternoon.

Besides a big selection of coffee from around the globe and a variety of coffee drinks, The Bean has tea and other beverages and a variety of hearty sandwiches, pastries and muffins, plus other light fare.

2240 Periwinkle Way, 395-1919

SANIBEL DELI & COFFEE FACTORY

Sanibel Deli & Coffee Factory offers a gluten free menu in addition to homemade regular choices, along with award-winning New York style pizza and wings, Boar's Head meats, frozen yogurt, New York style bagels and ice cream. There is indoor seating as well as outdoor tables shaded with umbrellas. Free Wi-Fi. Eat in or take out as well.

2330 Palm Ridge Road, 472-2555

SANIBEL GRILL

The Sanibel Grill has 19 big screen TVs with satellite TV tuned to every televised sporting event. The Grill shares a kitchen with The Timbers, serving the same fresh seafood, along with burgers, sandwiches, pizzas and salads. Crunchy Grouper and Crunchy Shrimp are signature dishes. Open seven days from 4 p.m. to midnight with happy hour from 4 to 6 p.m. and 10 p.m. to midnight.

703 Tarpon Bay Road, 472-3128

SANIBEL SPROUT

The Sanibel Sprout is the island's only vegan cafe and organic juice bar. There is comfortable seating for friends to socialize and taste Chef Nikki's extended menu of plant-based gourmet cuisine. The soups – lentil, Vietnamese Pho, etc. – are popular year-round, as are vegan lasagna, Mexican taco salad, kale salad with avocado chipotle dressing and numerous desserts. The extended menu is posted on the Sprout's Facebook page.

The organic juice bar is popular with locals and visitors of all ages. Kids love the Strawberry Kiss or the Chocolate Bliss Smoothie, whereas adults favor the Coffee Sproutaccino or the green Emerald Mermaid Smoothie. Those are just a few of the juice bar favorites from an extensive menu.

The Sprout is open for breakfast, lunch and dinner from 8:30 a.m. to 7 p.m. Monday through Saturday.
2463 Periwinkle Way, 472-4499

TIMBERS RESTAURANT & FISH MARKET

The Timbers Restaurant & Fish Market and the adjoining Sanibel Grill are mainstays of the island dining scene, boasting 35 years of fresh fish on Sanibel Island. The restaurant offers 13 dinners for \$15 daily before 5:30 p.m. plus a large selection of local seafood, such as grilled shrimp, fried grouper, oysters, clams and crab cakes.

Besides specializing in fresh local seafood, the restaurant has a seafood market that opens at 11 a.m. (except Sunday, when it's open at 2 p.m.) Restaurant is open seven days from 5 to 9 p.m.

703 Tarpon Bay Road, 472-3128

Read us online at
IslandSunNews.com

TRADERS GULF COAST GRILL & GIFTS

Traders Gulf Coast Grill and Gifts is unique in that it combines a bustling restaurant with a large shopping emporium selling casual clothing, jewelry, accessories, home decorating and gift items, books and lamps.

The restaurant serves bistro cuisine with island flair, featuring such offerings as black beans and rice, blackened fish and fresh salads from an open kitchen. There's no fryer in this place!

The tables are freshly wrapped in white paper for each party, and there's a pot of colored crayons for doodling, whether you're an adult or a child. Traders has been around long enough to have become a favored local hangout. Lunch is served from 11 a.m. to 2 p.m., happy hour from 3 to 6 p.m. and dinner 5 to 9 p.m. There's live music from 7 to 10 p.m. Tuesdays and Thursdays with Danny Morgan and Wednesdays with Chris Workman.

1551 Periwinkle Way, 472-7242

TRADITIONS ON THE BEACH

Traditions on the Beach is one of the few Sanibel restaurants with beachfront dining. Located in the historic Island Inn, the recently updated restaurant sits on 10 acres with gulf views, perfect for watching the sunset over the water while you dine. The menu features Italian and Mediterranean cuisine prepared by Chef Aziz and his team. Traditions' dishes are made with fresh ingredients, from seafood and meats, to produce from local vendors. On the menu you will find the classics and specialties including Moroccan lamb, roast duck, lobster and veal. Pasta, grilled items and a raw bar are also available. In addition to the regular menu, specials are offered daily. There's an attractive bar and lounge area that also serves food and an extensive wine and cocktail list. Dining begins at 5 p.m. and continues until late. Reservations are suggested.

3111 West Gulf Drive, 472-4559

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Book Review

Delivering The Truth



by Di Saggau

Edith Maxwell does a terrific job of weaving historical information, interesting information about the Quakers' beliefs and culture with a bit of romance into a fascinating mystery.

Delivering the Truth begins with the heroine, Rose Carroll, a Quaker midwife delivering a baby for a fee of \$2. At 24, Rose is a bit past marriage age, and a doctor friend, David Dodge, who is interested in her, presents a problem because he's Catholic.

The novel is set in Amesbury, Massachusetts in 1888, a town known for carriages that are built in numerous factories. The reader is immediately transported to another place and time.

When a devastating fire destroys the factories along with some houses and the post office, families are left without homes while lives are lost and also incomes. Upon discovery that the fire was arson, it means murder was also involved.

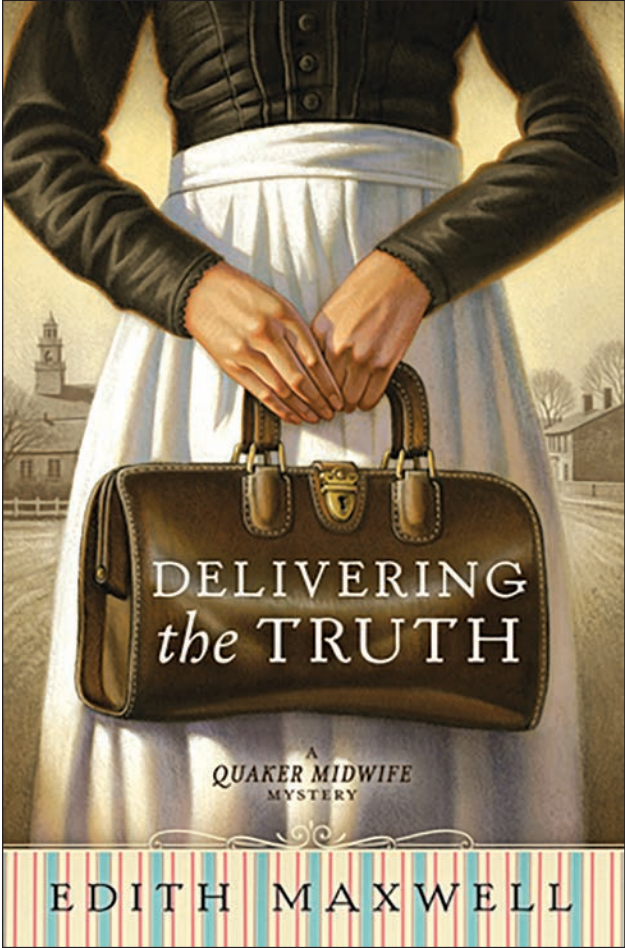
Rose, as she goes about her business of delivering babies while being wooed by David, begins to discover clues that she shares with the local police. She is a delightful heroine who stays true to her Quaker beliefs and manner of speech as she goes about her daily life. It certainly isn't a dull life as it includes helping solve crimes.

There are marvelous characters like Bertie, the postmistress, who is Rose's best friend. There's Minnie O'Toole, an unmarried woman who refused to name her child's father. Another is Lillian Parry, the spoiled, discontented and much younger wife of wealthy carriage-factory owner William Parry, who's neglecting her for a mistress.

Rose is helped in her search by celebrated Quaker poet John Greenleaf Whittier, a fellow member of the Society of Friends, who gives her sage advice. It's nice to learn a little more about him and his role in ending slavery.

Rose keeps her eyes open for clues to the arsonist as she travels around town. When Parry's son is stabbed with Rose's hand-painted knitting needle, her sleuthing really begins in earnest. She discovers dark secrets in trying to bring the perpetrators to light.

Delivering the Truth is a great read. It's the first in the author's Quaker Midwife Mystery Series. I look forward to reading the next one.✧



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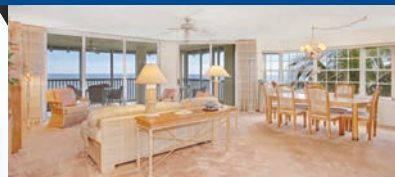
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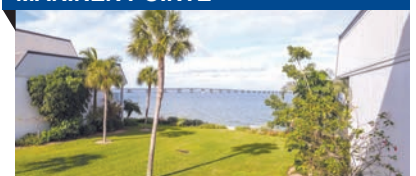
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Major Renovation Project At The Sanctuary Golf Club Under Way



Demolition of the tennis center at The Sanctuary

photos courtesy The Sanctuary Golf Club

The Sanctuary Golf Club began refreshing, renovating and rejuvenating the facilities in the late spring. The club's members enthusiastically agreed to redecorate the clubhouse, transform the outside dining venue, and build a 5,000-square-foot state-of-the-art fitness and wellness facility that will include a sports pool.

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Construction under way at the new fitness and wellness facility

The demolition of the current tennis center began on May 2. The new Fitness & Wellness Center will include a 1,800-square-foot fitness equipment room, a 900-square-foot group exercise room, massage therapy center, locker rooms and a sports pool (laps, water aerobics and recreational swimming).

The redecoration and refreshing of the clubhouse interior began shortly thereafter. There will be new furnishings, carpeting and color palette. The enhancement of the outdoor dining will include remodeling of the existing porch to maximize the view of the beautiful grounds.

The team to accomplish these tasks are Amy Nowacki, architect, Amy Nowacki Architect, LLC; Susan Bardin, interior designer, Peacock and Lewis; Mark Stevens, construction manager, Stevens Construction; Ahmad Kareh, civil engineer, Bean, Whitacker, Lutz, & Kareh; Bob Walsh, landscape architect, RS Walsh Landscaping; Bruce Huntington, pool contractor, Artesian Pool; and Debra Moretz, Voice, Data, and Video, Mock Engineering.

"It's been a very busy summer and all is going well, with the clubhouse being completed by October. The Wellness Center & Sports Pool will take more time and it looks like spring 2017, barring no major storms this summer," said Chief Operating Officer Ken Kouril. "The clubhouse, tennis courts and golf course facilities have remained open this summer to accommodate the members. Normal maintenance to the clubhouse, tennis courts and golf course will remain the same. Everyone is very excited to return for this upcoming season."

For more information regarding membership at The Sanctuary Golf Club, contact Sheryl Tatum at statum@sanctuarygc.net or 322-5182.*

From page 1

CROW Case

reared to feed themselves. Interestingly, juvenile mottled ducks are capable of flight at 60 to 70 days of age.

At CROW, a mottled duck was recently brought in from North Fort Myers with a head injury. While there was no way of telling how the injury occurred, the wound was two centimeters in length and deep enough to expose the underlying skull.

CROW hospital officials are applying bacitracin ointment to the head wound instead of placing bandages on the

patient's head. Medical personnel stated that duck head injuries such as swelling of the brain and internal bleeding could lead to concussion symptoms, just like humans. "Birds can lose their balance that result in uncoordinated flight and often times regurgitate their food."

Otherwise, the mottled duck is currently behaving well, gaining weight (it weighed 1.4 pounds at the beginning of the week) through feedings and having tub time during the day.

"Like every patient, recovery time depends on the severity of the injury, but we expect the duck to be here for at least a couple more weeks," said Dr. Heather Barron. "Currently, the duck is responding well to treatment and is receiving a topical antibacterial cream six times a day. The duck is currently eating on its own, gaining weight and is bright and alert."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.*



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Sanibel-Captiva Art League

Art Exhibit At Sanibel Library

As part of their goal to provide encouragement, enrichment and education in the visual arts to the community, the San-Cap Art League members are pleased to present their paintings in the Sanibel Public Library. This annual art show is not juried and the artists have an opportunity to exhibit work that is colorful, creative, expressive, experimental and unique. Some of the work is decorative and can be hung in a collector's home or business, as a corporate investment or given as a gift. Other paintings represent intriguing insights into the artists' interpretations of a variety of subjects.

There are paintings hanging throughout the library, including the newly expanded computer and media area. In addition to the Art League exhibit, the library has an impressive display of shells, exquisite award-winning shell craft, display cases with collections and glass sculpture.

Call 472-2483 or log on to www.sanlib.org for hours and to find out what the library offers to both residents and visitors. For more information about the Sanibel-Captiva Art League, write to P.O. Box 1192, Sanibel FL 33957 or log on to www.sancapart.com.*



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BeautifulLife:

Get Creative



by Kay Casperson

When was the last time you got creative?

I'm not just referring to picking up a paintbrush or a musical instrument once in awhile. Your imagination and

artistry aren't limited to what we think of as traditional creative outlets or skills, like dancing or drawing; creativity can also be logical and useful, like when it helps you come up with clever fixes for unexpected situations at work or home.

Above all, letting your creative instincts take control can help you experience the world around you in exciting new ways. Whether you're adventuring "outside the box" or transforming the box from the inside out, here are some of my favorite affirmations for unleashing your creativity.

I Look For Innovative Solutions

From split-second decisions to major life choices, different obstacles require different strategies; but don't get stressed – get creative. When you're feeling stumped, start figuring out new ways to use the resources you already have access to, and consider alternate routes and perspectives by doing careful

research and brainstorming with people you trust. One of the best ways to get started is to grab a pen and a blank sheet of paper and just let your ideas flow onto the page.

I Nurture My Curious Nature

Satisfy your soul by pursuing ideas and experiences that spark your curiosity and bring your creativity to life in positive, beautiful ways. Find a subject that captivates you and read everything you can find on the topic, dedicate time to practicing and honing a special skill or talent, or prepare and enjoy an unusual meal or activity with your friends and family. Whatever you do, never be afraid to explore your interests, ask questions and try new things.

I Let My Creativity Flourish

Keep an open heart and mind, and when inspiration strikes, take the time to let your creativity bloom into something beautiful, even if it's just jotting down notes and ideas for later. It sounds simple because it is; inspiration is all around you, and if you're thinking innovatively and nurturing your curiosity, creativity is bound to blossom abundantly in every aspect of your life – just let it happen.

Beauty and lifestyle expert Kay Casperson lives on Sanibel with her husband, two daughters and dogs. She produces her own inspirational collections of skincare, cosmetics, wellness, apparel and accessories, and operates four Lifestyle Spa & Boutique locations in Southwest Florida and Orlando. Learn more at kaycasperson.com.✽

Superior Interiors (Part Two)

Highlights Of High Point Market 2016



by Marcia Feeney

The place that decorators from around the world go to see the latest in home furnishings trends is High Point Furniture Market in High Point, North Carolina. The market, open only

to the trade, consists of approximately 180 buildings, 11.5 million square feet of show space and home to almost 3,000 exhibitors who show there twice a year. Here you can see the latest trends in color, furniture, lighting, floor covering, fabrics and accessories.

Island Living

There is also the desire to just kick back and relax. Nothing embodies that more than a warm sandy beach, green blue water and perhaps a pina colada. Rattan, shells, vibrant colors and playful patterns, such as palm branches and orchids, perfectly capture the Island lifestyle. The coastal looks are achieved by adding colors of the ocean – blues, greens and teal – and wall covering that is island-inspired such as grass cloth or a coastal print.

Gray

Gray continues as the popular neutral color of choice. Gray can evoke a peaceful, elegant feeling and works great as a backdrop. Gray can also work with a variety of colors, which adds fun and life to the room. Black and white always add a degree of sophistication. White in many variations – cream, ivory, bone – is in for 2016. This seemingly non-color is the preferred choice for many home decorating products. Don't forget to add a dash or more of color when working with black and white. Black can be

warmed up with wood and earth tones or bright colors.

Bold and Bright

Red, orange, green and yellow. The real color story for this market is the use of bright, bold colors in design. This is already evident in the retro look, island living and as an addition in all the design schemes. Colors add a sense of personality and warmth to a room. Think about pairing a deep periwinkle blue with white to create a dramatic contrast. Step out of your comfort zone just a little and let in some unexpected fun to your design.

Acrylic

Acrylic materials are used in table and accessories. The market is adjusting to the consumer who is young and currently has less space, the consumer who is downsizing and the consumer staying in place and just looking for new, exciting product. Products using acrylic materials are the perfect example of a product that reaches out to all three of these customers. Acrylic legs, for example, give the illusion of opening up a space and giving it more room. They are also lighter, which makes them easier to move around.

Motion

The demand by boomers for recliners and swivel is growing. Don't be fooled, motion is for all ages. A swivel chair is perfect for any conversation area and they come in styles ranging from traditional to contemporary. And what new parent doesn't appreciate a comfortable rocker not to mention a swivel rocker. Recliners are available in the more traditional, single recliner, as "home theater seating" or as part of a sofa or sectional. The fastest growing trend is the reclining motion category is "power" motion.

I hope you have enjoyed learning about the new trends in home furnishings from the High Point 2016 Market.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com.✽

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Will Power

Who Qualifies As Your Personal Representative?



by Craig R. Hersch, Florida Bar Board Certified Wills, Trusts & Estates Attorney; CPA

James," a widower, sat in my office as we prepared his will together. "My sons don't have the time or expertise to serve as my executor, so I'd like to name my friend, Oliver, in that role."

"So Oliver isn't related to you?" I asked.

"No," James replied.

"Where does Oliver live?" I asked.

"In Atlanta," James said.

"Unfortunately he won't qualify to serve under Florida law," I advised. You can name a friend, but they must be residents of Florida at the time of your death in order to qualify as your personal representative, which is what we call an executor here."

"What about my nephew Hector?" James asked. "Does he have to be a resident of Florida to qualify?"

"No," I answered. "A nephew will qualify no matter where he lives."

"Even if he lives in Costa Rica?"

"Yes, even if he lives in Costa Rica," I laughed. "Is that where Hector lives?"

"He enjoys it there, and he got in some trouble here so that's why he moved there," James added.

"What kind of trouble?" I asked.

"It's kind of a long story, and he's a good kid, but he has a record now."

"If he's a convicted felon he won't qualify as your personal representative," I said.

"This is getting harder than I thought," James said, rubbing his chin.

Florida law is fairly open with who can serve as the personal representative of your probate estate under your will. Any Florida resident will qualify, no matter the relationship to you. Certain relatives will always qualify so long as they haven't been convicted of a felony or are mentally or physically unable to perform the duties.

Those relatives include any child or legally adopted child, someone related by lineal consanguinity to you, a spouse, or a brother, sister, uncle, aunt, nephew or niece, or anyone related by lineal consanguinity to any such person. Moreover, a spouse of a person who would otherwise qualify may also serve as a personal representative. Consanguinity means "blood relation" and is defined as the quality of being descended from the same ancestor as another person.

So under Florida law, your nephew's spouse who lives in Singapore will qualify as your personal representative, but your best friend from Ohio will not.

A personal representative has broad powers relating to the assets of the estate. They can sell homes, liquidate investments, and change the bank and investment accounts into their name as the personal representative of the estate during the course of the administration. This makes it easy to abscond with the assets, leaving the decedent's creditors, beneficiaries and taxing authorities holding the proverbial empty bag.

So the theory behind Florida law is that a Florida resident would be subject to the jurisdiction of the Florida courts, and if they were to commit any fraud they would have to answer to the court. As far as relatives, I suppose the theory is that a decedent has a right to name a family member (who is related either by blood or marriage) to serve in this important role.

Most wills indicate that the "personal representative shall serve without bond." Probate courts, however, are free to impose a bond on personal representatives, and frequently do. The size of the bond is usually relative to the size of the estate under administration. A \$200,000 bond may cost the estate \$300 or so annually, but this bond protects the creditors and beneficiaries from a dishonest personal representative.

When you move from another state to Florida, this is another reason to update your legal documents. The parties you may have named in your former home state may not qualify to serve here.

©2016 Craig R. Hersch. Learn more at www.sbslaw.com.✱

School Board Candidates To Speak At Forum

Republican candidates for Lee County School Board (Districts 2 and 6) have been invited to participate in a forum at the regular monthly luncheon meeting of the Fort Myers Republican Women's Club on Tuesday, August 16.

The candidates will present their qualifications and platforms. A question-and-answer session will follow their prepared remarks.

The public is invited to attend the luncheon and the program held at The Helm Club, The Landings, South Fort Myers. A social hour begins at 11:15 a.m. The noon lunch will be followed by the candidate forum. The luncheon cost is \$18. Reservations, which are required by Thursday, August 11, may be made by contacting Tina Laurie at 489-4701. Checks may be written to Republican candidates of choice and the club will pay for the luncheon.

For more information, call club president Carole Green at 850-590-2206.✱



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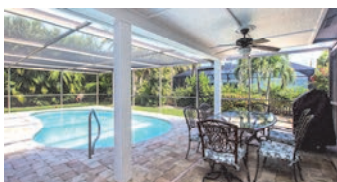


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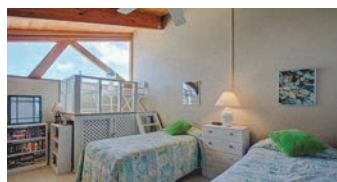
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Nestled amid Sanibel Moorings tropical gardens, income-producing #822 is getting new balcony this month. \$449,000



Riverside Condo

2nd floor Sandpebble 2 bedroom is across street from beach, & fully equipped. This natural view. \$424,900

From page 1

Water Quality



Chauncey Goss, a 2016 Republican candidate to represent the 19th Congressional District of Florida, signs the declaration

urging everyone to email Gov. Rick Scott, sign the declaration and challenge local, state and federal representatives to take the same steps.

The Sanibel & Captiva Islands Chamber of Commerce endorses the City of Sanibel's Caloosahatchee Watershed Regional Water Management



Island Inn's Chris Davison, chamber board member and member of the committee addressing water issues, right, speaks on endorsing the City of Sanibel's Caloosahatchee Watershed Regional Water Management Issues White Paper

Issues White Paper, a document that provides an overview of the regional water management issues and a list of short- and long-term strategies to improve water storage and treatment throughout the central southern Florida water management system. Visit sanibel-captiva.org to learn more.✴



Capt. Daniel Andrews, representing Captains for Clean Water, advocating for the elimination of harmful, large-scale Lake Okeechobee discharges into the Caloosahatchee and St. Lucie River Estuaries by restoring the natural flow of Lake Okeechobee water south into the Everglades and Florida Bay



James Evans, environmental biologist at the City of Sanibel, stated it is time to make decisions based on science and not politics

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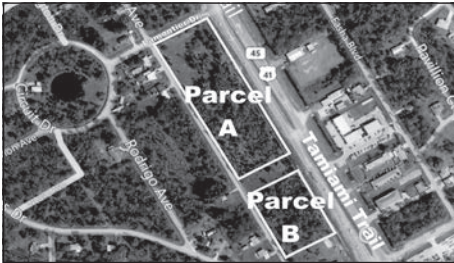
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From left, Optimist Marit Hansen Mouchou, CHR Director of Development and Communications Kelley Riedy, Optimist Dan Alton, Optimist President Stan Howard, CHR Executive Director Kelly Collini, Optimist Dani Howard, Optimist Randy Carson and Optimist Mark O'Brien
photos by Bob Petcher

The Sanibel-Captiva Optimist Club donated to the City of Sanibel's Recreation Department Youth Fall Basketball League program and Community Housing and Resources during two separate check presentations held on August 4.

The Youth Basketball program received \$1,200 to help in costs for game jerseys, basketballs and the awards banquet for children in kindergarten through eighth grade as well as the Tiny Tots division for kids ages 3 and 4. This is the fifth year that the local optimists have sponsored the Sanibel Recreation Department program, which received gift cards.



Bottom row from left, Joshua Welch, Drew Barron, Luke Williams, Zackary Alonso, Rebecca Kelly and Olympia DeCosta. Top row from left, Recreation Assistant Char Durand and San-Cap Optimist Club members Randy Carson, Marit Hansen Mouchou, Stan Howard, Mark O'Brien, Dani Howard and Dan Alton

Community Housing and Resources received \$1,250 to help in back-to-school supplies and help families in providing school supplies.*

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Olympic Games Prove The World Can Come Together



by Ed Frank

Every four years we are captivated by the Summer Olympic Games when athletes from every corner of the world come together for 17 days of competition – 17 days when these marvelous athletes prove their political, ethnic and religious differences can be set aside peacefully on the fields of sports. The dichotomy of the more than 11,000 men and women competing in the 2016 Summer Olympic Games is truly amazing. And for each of these 11,000, there is a story on how they reached Rio this year.

Let's take a look at the background of these Olympic Games: The athletes come from 206 countries with Kosovo and South Sudan participating for the first time. There are 31

Olympic sports comprising 306 events. Thirty-eight different venues have been established to hold the competition, 33 in Rio and five in locations away from Rio. Golf and rugby sevens were added this year. The United States has the largest contingent with 554 men and women competing in 27 of the 31 sports – 262 men and 292 women. This is the most women from one country who have ever competed in a single Olympic Games. After the overall number of athletes for the U.S., Brazil follows with 465, China 413 and Great Britain with 366. Other countries with large teams are Japan, 338; Canada, 314; Italy, 309; Russia, 282; Netherlands, 242; and South Korea, 205. The American team comes from 46 states with California leading the way with 125, followed by Florida with 39 and Texas with 33. Interestingly, 365 are rookie Olympians and 189 are making return trips,

From page 12

Water Lab

WaterVentures will provide experiential learning to inspire critical thinking and empower kids and adults to make a difference in the world around them. The vehicle visits schools, fairs, festivals and events throughout Florida. DDWS will also show a water-related film series, sponsored by LCEC, on Wednesdays during the duration of the exhibit. On Fridays, a lecture series will include environmental authors Ellen Prager and Cynthia Barnett and nature photographer Mac Stone. A panel of local conservation experts will discuss water issues currently facing the refuge and Southwest Florida. Saturday family programs, giveaways, an interactive watershed table and other activities are in the planning stages. On November 26, a Kids Fishing Derby will take place on the Sanibel Causeway in conjunction with the exhibit. The Southwest Florida Fine Craft Guild plans a water and nature show titled Engulfed, and Tarpon Bay Explorers will offer special tours and programming. "The excellent, state-of-the-art Smithsonian Water/Ways exhibit lies at the heart of an exciting, engaging six weeks of programming for kids and adults that we hope will ultimately send the message that we all need to work together to preserve our valuable water resources," said Westland. "We are honored to be among the select venues hosting the exhibit."✱

headlined, of course, by Olympic record-holder Michael Phelps who won his 23rd medal early in the games in this his fifth Olympic Games. The returning Americans have garnered 108 medals in past games. But, did you know that there are three Americans back for their sixth Olympics? Equestrian Phillip Dutton and shooters Emil Milev and Kim Rhode are competing in their sixth consecutive Olympic Games. Dutton, 52 years old, is the oldest American Olympian. The youngest American is 16-year-old Kanak Jha, the table tennis phenom. Finally, there are 17 American Olympians who have ties to military service. Every community takes interest in their local athletes who have qualified for Rio. Locally, three have attended or are attending Florida Gulf Coast University – Brooke Sweat, beach volleyball, and swimmers Lani Cabrera and Erita Leter. Volumes could be filled with the great stories and the intrigues of these 11,000 athletes. That's what makes the Olympics so great. Maybe, hopefully, the camaraderie these athletes share from 206 countries for 17 days can extend far beyond the Olympics. **Miracle Home This Weekend** With four weeks remaining in the 2016 season, the Fort Myers Miracle baseball team started the week trailing first-place St. Lucie by 2-1/2 games in the Florida State League South Division. Monday's game at Hammond Stadium against St. Lucie was postponed due to rain. A doubleheader was scheduled for Tuesday to make up the rainout. The Miracle will host Charlotte this weekend – Thursday, Friday and Saturday to end the home stand. The Thursday and Friday games have 7:05 starts with the first pitch Saturday at 6:05 p.m. Fort Myers needs to win the league South Division title for the season's second-half to qualify for postseason play.✱

SPORTS QUIZ

1. Who was the last player before Seattle's Nelson Cruz in 2015 to have two separate streaks of five consecutive games with a home run in the same year?
2. Between 1967 and 1972, Ferguson Jenkins had six consecutive 20-win seasons for the Chicago Cubs. Did any Cubs teammate notch 20 wins during that time?
3. When was the last time before 2015 that Temple beat Penn State in football?
4. Who was the last Toronto Raptors player before Kyle Lowry (2013-14 through 2015-16) to have three consecutive 100-steal seasons?
5. When was the last time before 2016 that the New York Islanders advanced to the second round of the playoffs?
6. Name the last driver before Kyle Busch in 2016 to sweep all the NASCAR national series races for two consecutive weeks.
7. When was the last time before 2016 that more than one American female tennis player reached the quarterfinals of the French Open?

ANSWERS

1. Philadelphia's Chase Utley, in 2008. 2. Bill Hands won 20 in 1969. 3. It was 1941. Penn State was 38-0-1 during the 74 years in between. 4. Alvin Williams (2000-01 and 2002-03 seasons). 5. It was 1993. 6. Harry Gant, in 1991. 7. It was 2004 (Jenniffer Capriati and Venus and Serena Williams).



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ISLAND SUN BUSINESS NEWSMAKERS

Top Producer

Realtor Bobbie McGlynn was the top producer at John Gee & Company for the month of July.✱



Bobbie McGlynn

Top Agent

John Naumann & Associates recognized LeAne Taylor Suarez as the top listing and sales agent for the month of July.✱



LeAne Taylor Suarez

Top Producers

Premier Sotheby's International Realty recognized Stephanie Bissett for being top listing associate and Maxwell Thompson for being top producer for the month of July.✱



Maxwell Thompson



Stephanie Bissett

CROW Golf Tournament Title Sponsor

RLR Investments, LLC will be the title sponsor for the 2016 CROW Classic Golf Tournament to be held on Saturday, October 15 at The Sanctuary Golf Club on Sanibel.

"We are excited to announce RLR Investments as the Title Sponsor for this year's tournament," said CROW Executive Director Linda Estep. "CROW's partnership with RLR Investments will guarantee a very successful event."

Proceeds from the tourney help support the care and treatment of wildlife through state-of-the-art veterinary care, research, education and conservation medicine.

"We are proud to be the title sponsor for an organization that supports our local wildlife," said Jeff Haungs, vice president for RLR Investments.

The tournament will be a foursome format and the deadline to enter is September 15. Entrance fee is \$1,000 per foursome and includes a box lunch, 19th hole with hors d'oeuvres, contest and prizes. Tournament day check-in begins at 11:30 a.m. (shotgun start at 12:30 p.m. and helicopter ball drop).

To register a foursome or to become a tournament sponsor, contact Mary Schoeffel, development director at 472-3644 ext. 232 or mschoeffel@crowclinic.org.✱

Local Attorney Sponsoring 10K Race



Sanibel attorney Janet Strickland, center, recently signed up as a Silver Sponsor for the 10K Race 4 FISH. She is pictured with committee members, from left, Nancy Bender, Pete Bender and Ed Riddlehoover and her legal assistant Jodi McConnell. photo courtesy FISH

The Law Office of Janet Strickland, PA is a new Silver Sponsor of the 8th annual 10K Race 4 FISH. Strickland has been active in the community since opening her law practice on Sanibel six years ago.

"It's my absolute pleasure to support FISH through its wonderful 10K race," said Strickland, who serves on the Bailey-Matthews National Shell Museum Board of Trustees and board of BIG ARTS. She is also a member of Sanibel-Captiva Rotary Club, "Ding" Darling Wildlife Society, CROW and Sanibel-Captiva Conservation Foundation.

"Sanibel has some of the best organizations, making it a terrific place to live and work," Strickland said.

"We are delighted to welcome Janet as a new silver sponsor of the 10K race," said Ed Riddlehoover, race committee co-chair. "She has been a vital part of our community for many years, and we appreciate her support."

The 10K Race is set for 7:30 a.m. Saturday, October 15 at the Sanibel Community Park.✱

City Seeking Tennis Instructors

The City of Sanibel is seeking quotes for tennis instructor services for fiscal year 2017, running October 1, 2016 through September 30, 2017. Applicants must be available to instruct private and group lessons and other tennis programs at the Sanibel Recreation Center, located at 3880 Sanibel Captiva Road.

Requirements include:

- Current USPTA membership certificate
- Minimum of three references
- Submit to and pass a criminal background check
- Current insurance policy
- Current AED/CPR certification
- City of Sanibel Business Tax

Receipt/Registration.

Quotes are requested no later than Friday, August 19. Email andrea.miller@mysanibel.com, or mail or submit in person to: City of Sanibel Recreation Department, Attn: Andrea Miller, Recreation Director, 3880 Sanibel Captiva Road, Sanibel, FL 33957.✱

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Registration Open For Tennis Tournament



Sundial Resort will host the Southwest Florida Clay Court Championships in September

photo courtesy Sundial Beach Resort

Sundial Beach Resort & Spa has been named the 2016 home for the Southwest Florida Clay Court Championships, open to USTA members 18 and over.

Slated for September 23 to 25, the USTA-sanctioned tournament categories include men's and women's

singles, doubles and mixed doubles for age divisions 30s, 40s and 50s as well as men's and women's singles and doubles NTRP rated division 3.0, 3.5 and 4.0. A special player resort rate will be available to attendees.

Players are invited to register with USTA tennis link, tournament #150017516. Cost is \$49.95 first singles and \$39.20 first doubles; registrants may play in more than one division. Draws close September 20. Resort tennis information is available through tennis@sundialresort.com or by calling 395-6025.

"We're looking forward to a great weekend of tennis competition," said Sundial's Director of Tennis and tournament organizer Erica Cossairt. "Our hope is to create an annual Sundial tournament tradition while offering players and their families a fun-filled resort weekend."

Sundial completed a total renovation of its six courts, installing new state-of-the-art HydroGrid facilities in 2014 and unveiling a new tennis program and pro shop at the resort's grand re-opening. Recognized area-wide, Sundial Tennis was voted the Best Tennis on Sanibel & Captiva Islands.

The two-day tournament includes a Saturday evening players' party and trophies courtesy of event sponsors RLR Investments, Sanibel Captiva Community Bank, Masciarelli Wines, Coca-Cola and Bailey's Marketplace. Player gift bags will be provided by the Kay Casperson Lifestyle Spa & Boutique.✱

CPR Class At Sanibel Library

The Sanibel Public Library will host the Sanibel Fire Department's CPR course on Friday, August 19. Call the Sanibel Public Library at 472-2483 for class times and to register.

This CPR/AED course will provide participants with the knowledge and skills necessary to sustain life and minimize the injury or sudden illness until advanced medical help arrives. The cost of the course is \$10 and includes all materials.

For more information, call Cathy at 472-2483, ext. 207.

Sanibel Public Library is located at 770 Dunlop Road.✱



Learn CPR and you can help save a life

photo courtesy Sanibel Public Library

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, We are having first day of school jitters at my house – my oldest child will be going to an all-day kindergarten. What are some things we can do to keep

things calm?

Katie M., Fort Myers Beach

Katie,

School jitters happen to all of us at sometime or another. It's very normal. There are some things though that you can do to ease that nervousness, especially for a young kindergarten child.

Before school starts:

- If your child's school does not have an orientation program, make an appointment to visit the school. Walk around the building and walk the route to your child's classroom.

- During your visit, take some pictures of your child at various places at the school and make your own book about going to school.

- Drive your child's bus route and point out places of interest along the way.

- A week or so before school starts, begin waking your child at the time he will need to wake up in order to go to school. This will help you know how much sleep your child will need so that he or she is rested for school. Adjust bedtime accordingly

On the first day of school:

- Make sure your child has a healthy breakfast. He or she will need to pay attention to the teacher, not a hungry tummy.

- Give your child a picture of your family to keep in his desk or backpack. She or he can look at it whenever he feels lonely.

- Celebrate – families should proudly

celebrate the first day of kindergarten as an important passage in a child's life.

If your child doesn't want to go to school:

- Be matter of fact – let your child know that going to school is expected of them.

- Don't give in to pleading – as hard as it is, if you give in to your child's pleas not to go to school, it will make it that much harder for him to go next time.

- Don't repeatedly tell your children how much you're going to miss them when they go to school. This will only make it more difficult to separate from you.

- Most children are afraid of the unknown – preparing your child beforehand will relieve many of their fears.

Parent Jitters:

- Try to keep your own anxiety in check. Children can often sense when their parents are upset and can become nervous themselves.

- Talk it out – if you are nervous about your child leaving the nest, talk with someone you trust (i.e. friend, your parents, a clergy member, or a school employee).

Nervousness is normal and the anxiety should subside in about a couple of weeks once your child feels comfortable in his new routine. I know that both of you will enjoy the kindergarten experience - it's great!

These points were adapted from the Virginia Academy of School Psychologists' public service department.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱

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Female Pioneers of Fort Myers

Women Who Made a Difference in the City's Development

By Robin C. Tuthill and Thomas P. Hall

"Packed with facts and employing an engaging storytelling style, [Female Pioneers of Fort Myers] both teaches and entertains. Local history buffs and newcomers to history will value Tuthill and Hall's research and appreciate the accessible format, too."

Gerri Reaves, PhD, author of *Legendary Locals of Fort Myers* and *Fort Myers, Then & Now*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have anxiety and I really prefer not to take medication. Can you give me some suggestions I can reduce my anxiety naturally?

A: There is an exercise that can boost feel-good chemicals in your brain while reducing anxiety and improving your mood. It's yoga. There are studies that show yoga not only reduces anxiety, but improves mood and boosts the anti-anxiety transmitter GABA in the brain. The study indicated that researchers randomly assigned participants to either a yoga group or a walking group. Each group did their perspective exercise three times a week for 60 minutes over the course of 12 weeks. Participants' brains

were scanned before and after the 12-week intervention, and anxiety and mood levels were measured throughout the duration of the study. The results showed that the yoga group experienced significantly greater improvements in mood and anxiety as well as higher levels of GABA than the walking group. What is special about this study is that it demonstrates that an exercise intervention (yoga) can increase levels of GABA in the brain and also bring about better mood and lower anxiety. It's encouraging to see brain science validating the therapeutic value of mind-body approaches like yoga. Yoga is also known to be an innovative treatment strategy being used to help people who have experienced trauma. I would also like to add that mindfulness based stress reduction (MBSR) is researched to help reduce anxiety.

Constance Clancy-Fisher, EdD is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at constanceclancyfisher@gmail.com.✱

Mom And Me



by Lizzie and Pryce

Lizzie and Pryce answer your questions and give advice about aging concerns from a two-generational perspective. A mother and daughter team, Lizzie is a retired RN and health educator, and Pryce is a licensed psychotherapist in private practice who specializes in the care of elders and people with chronic illnesses.

Dear Mom & Me,

I am fed up being treated as if I am an inconvenience at my medical center. I would leave in a flash, but no one else around here takes Medicare. I am not a nuisance having been there only once in a year.

I called and, after going through all of their hoops on their telephone system, I finally reached a "live one." She asked my name and birth date and then asked "Why do you want to see the doctor, what's wrong with you?" The earliest appointment was in six weeks, and then she said, "If you're not satisfied, call 911 or go to the hospital emergency."

It is bad enough being old, but being abused along with it is getting hard to take. Is it like this where you live?

Doris

Medical care is an industry, a very complex industry. To stay in business, medical practices need more revenue coming in than expenses going out. Unfortunately, the strategies for reducing expenses include reducing the number of support staff; using technology, i.e. phone routing systems to increase productivity, minimum education requirements for staff and increasing the number of patients seen per day. What all of this seems to mean to patients is that we have become "work units," "tasks" and – to some office staff – "interruptions" in their productivity.

To the credit of some offices I have found, the physicians and support staff have found a way to practice medicine and run a business in a way that does not forget the patient. I hope you can find a similar office.

Pryce

Dear Doris,

Exactly the same – this seems to be the way modern medical offices are going. No longer will physicians know our name or even care because it is only a business. However, some people do have physicians who do care, will call on the phone and run their offices the old fashioned way.

My husband goes out of state and has a team of physicians who are wonderful and it is no wonder Johns Hopkins has been rated number one for patient care for about the last 20 years.

Lizzie

Lizzie and Pryce's email address is momandmeaging@hotmail.com.✱

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IslandSunNews.com

Healthy Living Lecture Series

Lee Memorial Health System will offer the next in a series of free lectures designed to cover a variety of health care topics to help improve your physical and mental well-being. These interactive and informative lectures are presented by Dr. Sal Lacagnina, system medical director of wellness and employee health. This month's lecture will be held on Monday, August 29 at the Lee Memorial Hospital Auditorium from noon to 1 p.m.

The world we live in and are exposed to tremendously affects all aspects of health. It is said that on a daily basis we are exposed to hundreds of chemicals. Even though the individual levels of exposure are low, in combination, they can be life threatening.

Join Dr. Lacagnina for an informative and interactive presentation to understand what you can do to minimize exposure to toxins and how detoxifying lowers the lifetime risk of cancer and many chronic illnesses.

Seating for the lecture is limited and reservations are requested. Call the Health and Wellness registration line at 424-3234 to reserve space.

Dr. Salvatore Lacagnina

photo courtesy Lee Memorial Health System

The Healthy Living lecture series is presented as a program of Healthy Lee, a community resource that was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action.

Visit www.healthylee.com for more information.✱

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36 Foods That Contain Aspirin



by Suzy Cohen, RPh

Dear Readers: Ingredients similar to aspirin were extracted from meadowsweet and willow bark centuries ago, but in 1899, salicin was altered into a patentable drug called aspirin.

Aspirin was approved for the treatment of gout and rheumatic fever, but today we know it as an anti-clotting agent and pain reliever. Around 100 billion aspirin tablets are produced every year.

Aspirin is a “salicylate” compound and millions of people are unknowingly allergic to salicylates, mainly because the foods that it occurs in naturally are not very similar. For example, broccoli, olives, cola, breath mints, pistachios, mushrooms and coffee have nothing obvious in common, so you’d never trace a salicylate allergy to these foods. Yet they all contain salicylates, similar to aspirin. So if you’re reactive to any of those foods, it’s a clue you might have a salicylate allergy.

Salicylate are found in dozens of foods that aren’t similar. Symptoms that may occur include headaches, asthma, wheezing, nausea, diarrhea,

stomach upset, itching, rash, swelling of your hands, feet, or your face or sinus symptoms. Your throat may get itchy, painful or swollen, or your lips may swell. If you experience these or other symptoms, it could very well be the “aspirin” in your food, termed a salicylate allergy.

People who know they are allergic to aspirin know to avoid other over-the-counter medications which may contain aspirin such as cold or flu remedies, antacids, menstrual cycle pain relievers, certain fizzy antacids, teething gel or toothache remedies.

Some of you who are allergic to aspirin can actually eat some salicylate-rich foods without a problem. And then there’s a subset of people (maybe you) who eat foods and suffer, and don’t know why. And finally, there are some of you who need the benefits of aspirin and want to eat salicylates through natural sources. So the following list of foods high in salicylate will serve a different purpose for all of you, depending on what category you fall into.

Natural aspirin is found in the following (note: fruits and vegetables are higher in salicylates when not fully ripe):

- Apples
- Apricots
- Avocados
- Blackberries
- Blueberries
- Broccoli
- Cantaloupe
- Cauliflower
- Cherries
- Chili peppers
- Cucumbers
- Currants
- Dates
- Dried herbs/spices
- Eggplant
- Figs
- Grapefruit
- Grapes
- Green peppers
- Guava
- Kiwi
- Licorice herb (candy is okay)
- Meadowsweet
- Mint (gum, breath mints, toothpaste)
- Nuts, all of them, pistachios, pine nuts, almonds, etc.

- Paprika
- Peaches
- Plums
- Prunes
- Radishes
- Raspberries
- Spinach
- Strawberries
- Turmeric
- Wine
- Zucchini

You might be wondering why a handful of you can eat salicylate-rich foods when you are allergic to aspirin. It’s because aspirin contains an “acetyl” molecule on the compound because that acetyl group was attached to it in order to turn the natural herb into a drug. Naturally occurring salicylates do not have this acetyl group and that’s what usually triggers the reaction.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.SuzyCohen.com.

Eden Energy Medicine

Reduce Temper Tantrums/ Calm Stressed Body



by Karen L. Semmelman, Certified EEM, JD, AAML (03-12)

This exercise is almost intuitive.

In fact, you have probably placed your hands over your lower back and leaned back and stretched to

reduce tension. When we are stressed or have a little one that is having a temper tantrum, it is clear the stress is a bit out of control to say the least. Learning this simple exercise brings balance to many parts of the body, especially the brain, abdomen and adrenals.

Place the palms of both hands on your mid back so the fingers of each hand are pointing toward each other while at the same time pointing toward the ground. The upper part of the palms should rest right below the rib

cage, so that hands are now resting over the kidneys and adrenal area. Thumbs should wrap around the waist landing on the side of the body, which is directly on the spleen meridian.

Close your eyes, stretch and take several deep breaths as you sink into the position and begin to feel the tension in the body release. For a child, see if you can get him/her to do this posture and, if not, try placing your hands over the child’s back in this area to reduce the upset. Placing the hands on the forehead helps also, since it brings blood back into the forebrain where rationale thinking can be activated again. As one or both of these positions is held, the flight and fight response is calmed, which allows the stressor to dissipate.

I find I do this exercise a lot throughout the day, especially if I am on my feet for extended periods. Feel better and now try that half smile!

If you have a question, email Karen at SemmEnergyCenter@gmail.com or visit www.semmelmanenergy.com. EEM does not diagnose or cure illness, but working with subtle energies of the body has been shown to help many conditions.

Doctor and Dietician

Pinched Nerves: Ouch!



by Ross Hauser, MD and Marion Hauser, MS, RD

Anyone who has had a true pinched nerve knows that it is like a lightning bolt of pain shooting down your arm or leg. It is excruciating and makes activities of daily living unbearable. But often, people who have been told they have a pinched nerve or a condition like sciatica are missing the true underlying diagnosis of spinal instability. Go a step further and find out why the nerve is getting irritated in the first place.

Our bones, including our vertebrae, are held together by ligaments. These act like a screw to a hinge on a door. When the screw is secure, the hinge is allowed to move the door along a smooth track. When that hinge is loose, the door wobbles and hits the adjacent door or frame. In our bodies, the effect of a joint becoming unstable due to ligament laxity can include hitting a

nerve, wearing down cartilage, causing bone spurs and much more.

Most people we see in our practice who were previously diagnosed with a pinched nerve complain that the pain comes and goes. It is worse when they are in certain positions, such as sitting, but then remits in others. Intermittent pain suggests that there is vertebral instability. This can be confirmed through physical exam of specific tender ligament attachment points as well as Digital Motion X-ray (DMX), which shows a movie of how the bones move. For instance, in cases of a pinched nerve in the neck, DMX will often pick up certain vertebrae that are moving too much, or not enough.

Once confirmed, there are regenerative treatments, like prolotherapy, which can restart the healing cascade along the spinal ligaments. As the ligaments heal, they allow the vertebrae to move normally and the associated nerve pain can be alleviated.

This information is not intended to treat, cure or diagnose your condition. Caring Medical and Rehabilitation Services has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.

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Rock Shrimp Sauce with Jalapeño Hoe Cakes

2 tablespoons olive oil
1 tablespoon finely chopped garlic
¾ cup dry white wine
1 10-ounce can cream of shrimp soup
1 pound peeled rock shrimp
1 tablespoon seafood seasoning
¼ teaspoon salt
¼ teaspoon black pepper
¼ cup half and half
½ tablespoon fresh lemon juice, or to taste

Jalapeño Hoe Cakes (recipe below)
1 tablespoon chopped fresh chives
Heat the olive oil in a heavy skillet over medium-high heat until hot. Add garlic and sauté 1 to 2 minutes until golden. Add wine to pan and stir in soup; simmer 3 minutes stirring until smooth. Sprinkle shrimp with seafood

seasoning and remaining ¼ teaspoon each of salt and pepper. Add shrimp to sauce mixture and cook 2 to 3 minutes until opaque and cooked through. Slowly stir in half and half and lemon juice. To serve, spoon over Jalapeño Hoe Cakes and sprinkle with chives.

Yield four servings

Jalapeño Hoe Cakes

2 cups self-rising cornmeal
2 tablespoons sugar
1 teaspoon salt
2 cups milk
2 large eggs
⅓ cup jalapeño peppers, seeded and chopped
butter or corn oil for frying

In a large bowl, mix together cornmeal, sugar and salt. In a separate bowl, beat the eggs and milk until well blended. Add the wet mixture into the dry ingredients and stir until just mixed and moistened. Let the batter set for 10 or 15 minutes. Add oil to just cover bottom of skillet then heat over medium-high heat. Pour ¼ cup of batter for each hoe cake into skillet. Cook 3 or 4 minutes until tops are full of air holes; flip cake and cook until golden brown. Drain on absorbent paper and serve warm.

Yield six servings.✱



Rock Shrimp Sauce with Jalapeño Hoe Cakes

photo courtesy Fresh From Florida

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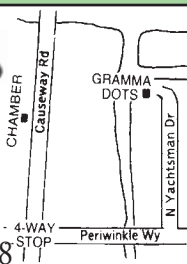
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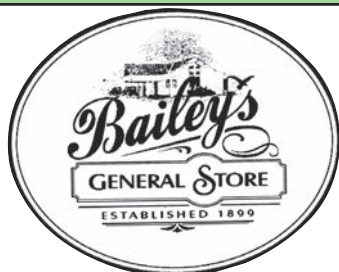
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Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
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Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	472-6197
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc.	565-7872 or 433-7798
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.usps.org/localusps/sancap
Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club.	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PETS OF THE WEEK

Hello, my name is Zoie. I am 7-year-old spayed female American Staffordshire Terrier. I am obedient, loving, loyal, kind and gentle. I will walk by your side and greet any stranger with politeness and good manners. I will always want to be next to you with my head on your lap as you read or watch television. I live to please you and would make a great goodwill ambassador for my breed.

Adoption Fee: \$15 (regularly \$25) during Animal Services' Olympic Pet Adoption Deals

Hi, I'm Elsa. I am a "people cat" with a beautiful snowy white coat and gorgeous green eyes. I am 1-year-old spayed female domestic short hair and love people so much I would prefer to be your one and only cat. I will purr and purr to let you know how much I love your attention. I would be the perfect companion to give you as much love as you give me.

Adoption Fee: \$15 (regularly \$50) during Animal Services' Olympic Pet Adoption Deals

For information about this week's pets, call 533-7387 (LEE-PETS) or log on to Animal Services' website at www.LeeLostPets.com. When calling, refer to the animal's ID number. The website updates every hour so you will be able to see if these or any other pets are still available.

The shelter is open for adoptions from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office off Six Mile Cypress Parkway.

All adoptions include spay/neuter surgery, age-appropriate vaccinations, rabies vaccination and county license if three months or older, flea treatment, worming, heartworm test for dogs six months and over, feline AIDS and leukemia test for cats, training DVD, 10-day health guarantee, and a bag of Science Diet pet food.

The adoption package is valued at \$500.*



Zoie ID# 559131



Elsa ID# 664855

Adoption Special
In Celebration
Of Black Cats

Lee County Domestic Animal Services will celebrate National Black Cat Appreciation Day with a Black Out special the week of August 15 to 20, featuring solid black cats and black cats with some white. Even deeper discounts will apply August 19 on Black Cat Friday.

The black cat deals are:

- Kittens, \$20 (\$10 on Black Cat Friday)
- Adult Cats, \$10 (\$5 on Black Cat Friday)

Animal Services always offers two-for-one cat adoptions so adopters have the option of getting two cats for one price. "This is a special opportunity to discover how personable and entertaining these often overlooked cats can

be," said Ria Brown, LCDAS public information officer.

Potential adopters will have a lot to choose from and are encouraged to check the agency's website at <http://www.leelostpets.com> for a peek at the cats and kittens currently available or to submit an adoption application online. The site updates hourly.

All cats adopted are sterilized and receive age appropriate vaccinations, flea treatment, de-worming, microchip ID, feline AIDS and leukemia test, and county license for cats three months and older. The adoption package is valued at over \$500 making it an even better opportunity to add a new feline companion to your family.

The shelter is located at 5600 Banner Drive in Fort Myers, next to the Lee County Sheriff's Office. Regular adoption hours are Monday through Saturday from 10:30 am to 3:30 pm.*

PUZZLES

Answers on page 45

Super Crossword

DIRECTION FINDING

- ACROSS**

1 Use for target practice, say

8 They're littler than mediums

14 Mongol invaders

20 See 125-Across

21 Dine at a restaurant

22 Lucky charm

23 BB rifles

24 One going from station to station

26 Bohemian dance

28 Icicle sites

29 DVR giant

30 Oscar-nominated actress in "Victor/Victoria"

36 Censored-word sound

37 "I haven't —" ("Beats me")

38 Very old boys' school

39 Eye

40 Mother of Zeus

41 Rue Morgue creator

43 Grow up and move away from home

51 Getting the airborne matter from, perhaps

54 Sly

55 Art Deco lithographer

56 Kind of engine fuel

57 Opening opera part

58 — -Cherry (Ocean Spray flavor)

59 Hulk of pro wrestling

62 Flee with a flame

64 Residents of Japan's third-largest city

66 "Am — blame?"

67 Eight three-letter ones are found in appropriate places in this puzzle

72 Staff sgt., e.g.

73 Small mosaic tile

75 Revved thing

76 Western flick

78 French "she"

79 Befuddles

82 City partition planners

85 — -buster (certain drug)

86 Track vehicle

87 One of 100 on the Hill

91 Hit song subtitled "To Be Loved by You"

94 — daily basis

95 High, elegant hairstyle

96 Voguish thing

97 Polaris, e.g.

99 Weirdo

100 Arizona tribe members

103 American slices, e.g.

109 Budget Rent —

110 "A Bell for —" (Hersey novel)

111 Japanese truck maker

112 1980s game show

116 Sir Walter Scott's title

121 River dividing Nebraska

122 Munchkin

123 Document repository

124 Placed in a farm tower

125 With 20-Across, epinephrine or cortisol

126 "Moby-Dick" narrator

33 Capital of Angola

34 Jackal's kin

35 Hex- ender

36 Flying stinger

39 Least bold

41 Pizzeria unit

42 Slip- — (pullovers)

44 Say yes to

45 Winery tank

46 Vanity

47 It fits into a mortise

48 Wandering

49 Plate position

50 Tightening muscle

52 Flinch

53 Paella pot

57 Lhasa — (little dogs)

59 Like e-devices

60 Verdi work

61 Inch along

63 Actor Haley Joel —

65 Hit — spot

68 Pontificated

69 Mother, in Mexicali

70 Be seepy

71 Smelted materials

74 Ignites

77 Promise

80 "True —" ("Indeedy")

81 Cato's 52

83 Flatbread of India

84 LAX abbr.

87 Former jets to the U.K.

88 Sword variety

89 Juice drinks

90 Booze up

92 Is no more

93 Expert finish?

98 Whispers in stage acting

99 Place to pray

100 Lock parts

101 Eyelike windows

102 Of pontiffs

103 iPod Touch, e.g.

104 Grates on

105 Initial stage

106 Flinch

107 Persian Gulf sheikdom

108 Old autocrats

110 Did like

113 Road no.

114 Be indebted

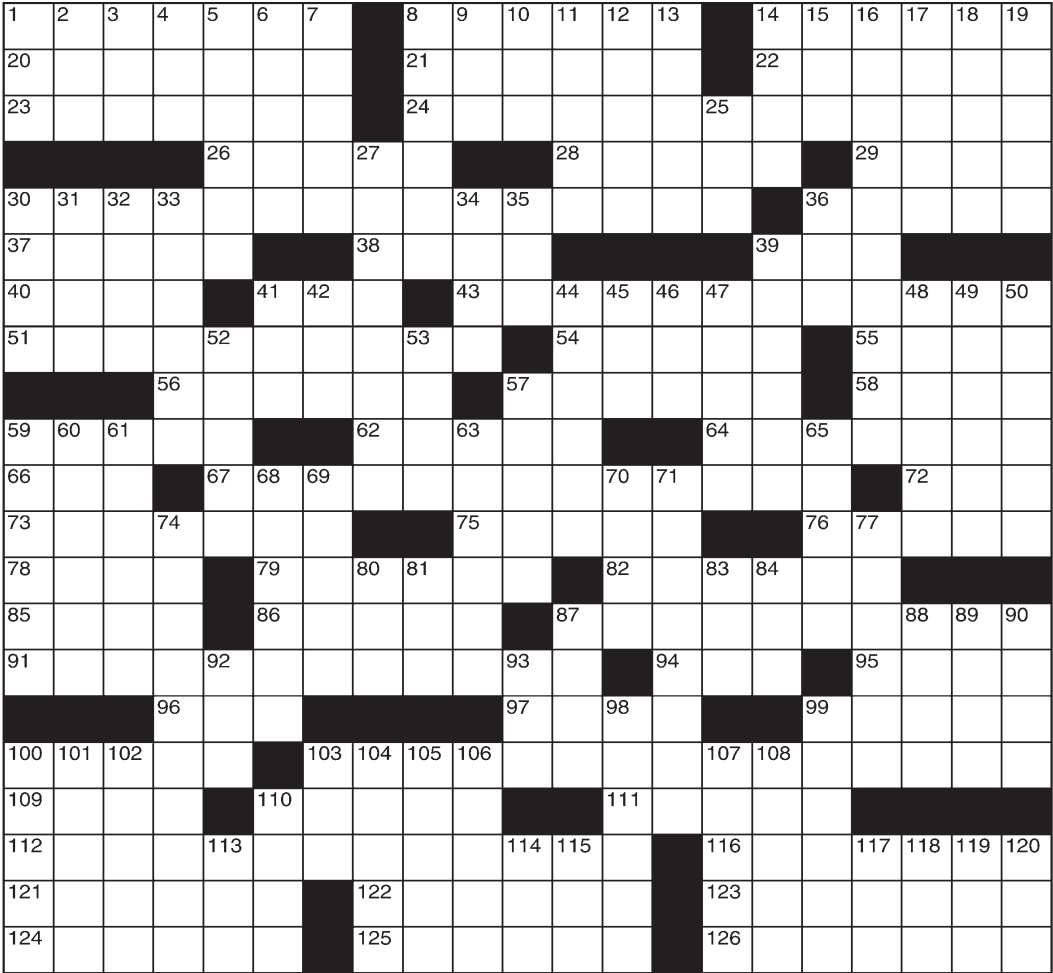
115 Domicile: Abbr.

117 Unit of resistance

118 Actress Vardalos

119 12/24, e.g.

120 — Aviv



King Crossword

- ACROSS**

1 Atomizer output

5 Annoy

8 Picnic invaders

12 Pub

14 Old Italian coin

15 Poisonous evergreen

16 Alternative to Windows

17 Greek consonants

18 Electrical resistance

20 Some silverware

23 Soon, in verse

24 Individuals

25 "Hamlet" Oscar winner

28 Schedule abbr.

29 "Once upon —"

30 Periodical, for short

32 Semisweet sherry

34 Location

35 Study of the past (Abbr.)

36 Wild

37 Crazy one

40 Silent

41 Sandwich cookie

42 Quadrennial games

47 Elvis' "— Las Vegas"

48 Fatherly

49 Paradise

50 Ordinal suffix

51 Catch sight of

8 Graduates

9 1492 vessel

10 Advanced math

11 Old German duchy name

13 Responsibility

19 Hoisted, at sea

20 Enemy

21 Aware of

22 Authentic

23 Preferred invitees

25 Ear doctor's device

26 Eastern potentate

27 — -tat-tat

29 Operatic solo

31 Toothpaste style

33 Buckeye

34 Always, in music

36 Show anger

37 Relocate

38 Desert-like

39 Actress Campbell

40 Legend

43 Long. crosser

44 — and outs

45 Baseball hat

46 Crafty
- DOWN**

1 Chinese chairman

2 Ailing

3 Witness

4 "Much obliged"

5 Unopened roses

6 Exploit

7 Apache leader

MAGIC MAZE ● PUT IN ITS PLACE

C N K I F C A X V S Q O L J H
E C A X V T D R D P N L J H F
D B Y D D T I E D U P X V T R
P O D D E E H M K E K I D G E
D B D E E T V Z X N R W E U T
T R Q E R H N L O N A O W L F
J A I E K E S A E G F B O D I
C A B Y X R G A L H W V T M L
T S R L P E A N T P S O S N E
L K J I E D G P A S T O R E D
D E K C O D E R O H C N A F E

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Anchored

Banked

Berthed

Filed
- Hangered

Moored

Parked

Planted
- Shelved

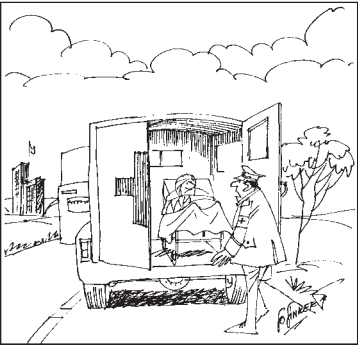
Stashed

Stored

Stowed
- Tabled

Tethered

Tied up



"Know anything about _____?"
answer on page 44

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Struggle
QURISM

Dimple
VOTID

Dismay
LAMAR

Later
FRATE

TODAY'S WORD

7					9	8		
	3	9	1				5	
		8		4				2
		2			5	9		
5			6					4
	8			2		1	7	
		1			8		2	
3			7	9				8
	7		4			6		

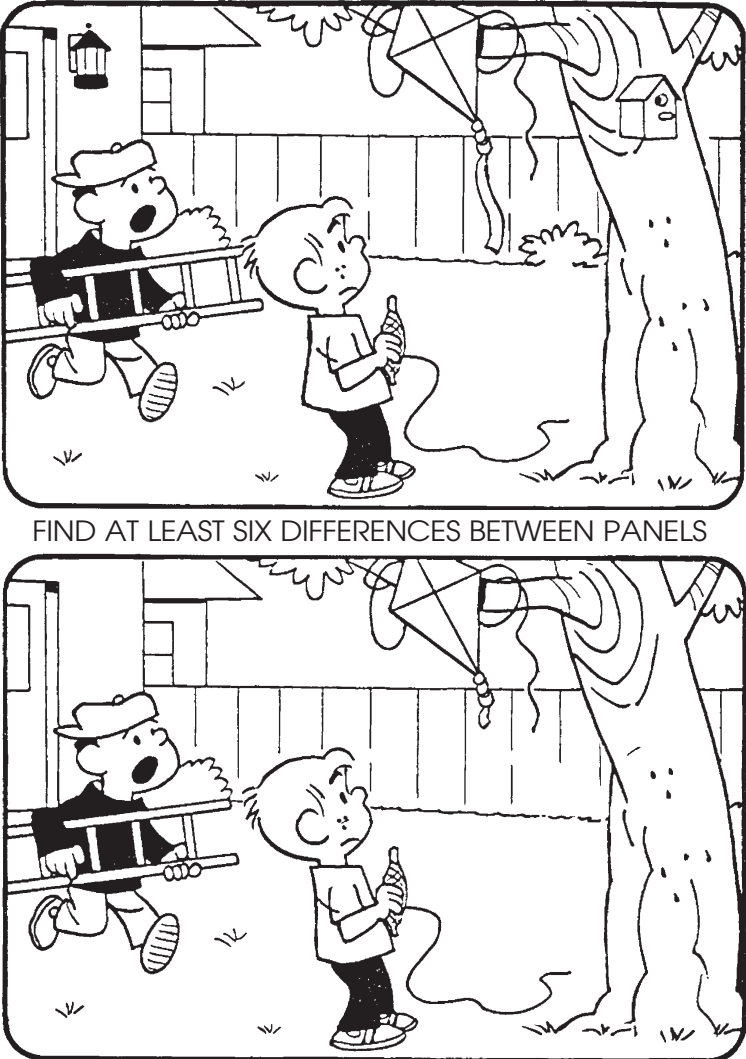
SUDOKU

To play Sudoku: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

answer on page 45

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Light fixture is missing. 2. Ladder is shorter. 3. Body is slimmer. 4. Kite tail is shorter. 5. Bush is missing. 6. Bird house is missing.

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LIVE ON THE ISLANDS

The Jacaranda has live entertainment Friday and Saturday with Midlife Chrysters, playing classic rock and dance. Renata plays funk, jazz and contemporary on Monday. On Wednesday, it's The O'Tooles, playing classic rock, R&B and dance. Sir Mitch plays classic rock, R&B and dance on Thursday.

The Mucky Duck on Andy Rosse Lane, Captiva features live music by Peter Redpath on Thursday and Sunday. Gary Earle plays Friday. Gene Federico performs on Saturday and Wednesday. Mark Dupuy plays on Monday. On Tuesday, it's Perry English.

Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays.

Traditions on the Beach at Island Inn has live entertainment Friday with Woody Brubaker and Barbara Smith. Dusk plays on Saturday. Woody Brubaker plays on Thursday.

Il Cielo has live entertainment with Scott McDonald on Wednesday, Thursday, Friday and Saturday.

The Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

RC Otter's on Andy Rosse Lane, Captiva, has live music daily with dining inside and out.

*Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.**

My Stars ★★★★★

FOR WEEK OF AUGUST 15, 2016

ARIES (March 21 to April 19) You sometimes go to extremes to prove a point. But this time, you won't have to. Supporters are ready, falling over themselves to help you make your case.

TAURUS (April 20 to May 20) Venus might be your ruling planet, but Mars is in the picture as well. So don't be surprised if your romantic relationships are a bit rocky at this time. But they'll soon smooth over.

GEMINI (May 21 to June 20) Geminis might rush into romance and risk being wrong about someone rather than be left with no one. But this is one time when it's wiser to be wary of where your heart takes you.

CANCER (June 21 to July 22) With all (or most) of those pesky problems behind you, take time for your family and friends. Travel aspects are favored, with long-distance journeys high on the list.

LEO (July 23 to August 22) You might have started to question the wisdom of being open with someone you hoped you could trust. But be assured you won't be disappointed. You'll soon hear good news.

VIRGO (August 23 to September 22) You have a reputation for honesty and integrity, and that will help turn around a situation that was not only disappointing but also quite unfair. Good luck.

LIBRA (September 23 to October 22) A happy event creates a closer tie with a family member who seemed hopelessly estranged. Positive aspects

also dominate in important career matters.

SCORPIO (October 23 to November 21) Your ruling planet, Pluto, helps you adjust to change. So, stop putting off that long-delayed move, and make it with the assurance that you're doing the right thing.

SAGITTARIUS (November 22 to December 21) You have a wonderful capacity to learn quickly and well. This will help you when you are faced with an opportunity to move on to a new path in life.

CAPRICORN (December 22 to January 19) Good news: You suddenly find that you're not facing that new challenge alone. You now have someone at your side, ready to offer whatever support you might need.

AQUARIUS (January 20 to February 18) Your versatility -- which is just one of those aspects of yourself that make you so special -- helps you adapt to the challenges of a new and exciting opportunity.

PISCES (February 19 to March 20) Your sensitive nature picks up on the needs of others. But what about your desires? You need to take more time to assess what your goals are and, if necessary, redirect them.

BORN THIS WEEK: You give your trust openly and easily. People find you easy to be with and enjoy your wit, your good sense, and your capacity to love and be loved.

THIS WEEK IN HISTORY

- On Aug. 16, 1896, while salmon fishing in Canada's Yukon Territory, George Carmack reportedly spots

nuggets of gold in a creek bed. His lucky discovery sparked "Klondike Fever," the last great gold rush in the American West.

- On Aug. 17, 1915, Charles F. Kettering, co-founder of Dayton Engineering Laboratories Company (DELCO), is issued a U.S. patent for his "engine-starting device" -- the first electric ignition mechanism for automobiles. Prior to his invention, drivers had to use iron hand cranks to start their engines.

- On Aug. 20, 1920, seven men, including legendary football star Jim Thorpe, meet in Canton, Ohio, to organize a professional football league, the forerunner to the National Football League.

- On Aug. 19, 1953, the Iranian military, with the support and financial assistance of the United States, overthrows the government of Premier Mosaddeq and reinstates the Shah of Iran. Iran remained a Cold War ally of the U.S. until a revolution ended the Shah's rule in 1979.

- On Aug. 15, 1961, two days after sealing off free passage between East and West Berlin, East German authorities begin building the Berlin Wall to permanently close off access to the West. For the next 28 years, the heavily fortified Berlin Wall stood as the most tangible symbol of the Cold War.

- On Aug. 21, 1971, antiwar protestors associated with the Catholic Left raid draft offices in Buffalo, New York, and Camden, New Jersey, to confiscate and destroy draft records. The FBI and local police arrested 25 protestors.

- On Aug. 18, 1991, Soviet

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President Mikhail Gorbachev is placed under house arrest during a coup by high-ranking members of his own government, military and KGB secret police. The coup collapsed three days later, but Gorbachev's days in power were numbered. He resigned in December 1991.

STRANGE BUT TRUE

- It was beloved English author and humorist P.G. Wodehouse, probably best known for his tales of Wooster and Jeeves, who made the following observation: "Judges, as a class, display, in the matter of arranging [divorce settlements] that reckless generosity which is found only in men who are giving away someone else's money."
- Brides in ancient Rome carried sheaves of wheat, not bouquets of flowers.
- Andrew Jackson, the seventh president of the United States, had a pet parrot with a questionable vocabulary. In fact, Poll (the pet in question) was so foul-mouthed (-beaked?) that it disrupted Jackson's funeral. According

to Rev. William Menefee Norment, who presided at the service, "Before the sermon and while the crowd was gathering, a wicked parrot that was a household pet got excited and commenced swearing so loud and long as to disturb the people and had to be carried from the house."

- The reasons why aren't clearly understood, but it seems that people with high blood pressure rarely get cancer.
- Glass-bottom beer tankards were invented during medieval times. Evidently, some taverns were so rough that patrons felt the need to be able to see the other drinkers even when turning the mug bottoms-up.
- Those who study such things say that when you're sleeping, a quarter of all your blood is in your liver.
- It's pretty common knowledge that it's the male seahorse, not the female, that gives birth to the young. Not many people realize, though, that a male seahorse can deliver a brood of a thousand or more babies in the morning, and then be pregnant again that night.

THOUGHT FOR THE DAY

"I get up every morning determined to both change the world and have one hell of a good time. Sometimes this makes planning my day difficult." -- E.B. White

NOW HERE'S A TIP

- "When making a grilled cheese sandwich, use room-temperature cheese. Because it's not cold, it will melt evenly and more quickly, so you won't burn the bread. For an extra little something, try sprinkling the grilled outsides with a tiny dash of sugar. Yum!" -- A.J. in Florida
- When cooking quinoa, brown rice or other grains, use broth -- not water. It makes a world of difference in the flavor.
- "Serving warm foods that cool quickly? Try warming your dishes in the oven at 200 F for five minutes or so before serving. We do this at our house when we make pancakes, but you can do it anytime the meal warrants it, or to be fancy if you have company. If your dishes are microwavable, they should be

fine." -- L.C. in Texas

- The ranger at the campsite we just stayed at told us that adding a sage bundle to the campfire will help keep bugs away. -- T.W. in Missouri
- Look for outdoor hanging planters -- particularly the wall-mounted ones -- for use inside the house. They can be used to store stuffed animals in a child's bedroom up off the floor.
- Toothpaste makes an excellent cleaning abrasive. It's gentle enough for some delicate materials; just rub a little on the stained area and wipe away. Repeat if necessary.

SCRAMBLERS

solution

1. Squirm; 2. Divot;
3. Alarm; 4. After

Today's Word

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 **After 9, it's Turtle Time!**

After 9pm, please:
Turn off all lights visible from the beach
Only use amber (red) lights at night
Fill in any holes on the beach
Remove all beach furniture



Cycling Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous



SANIBEL BICYCLE CLUB

PUZZLE ANSWERS

SUPER CROSSWORD

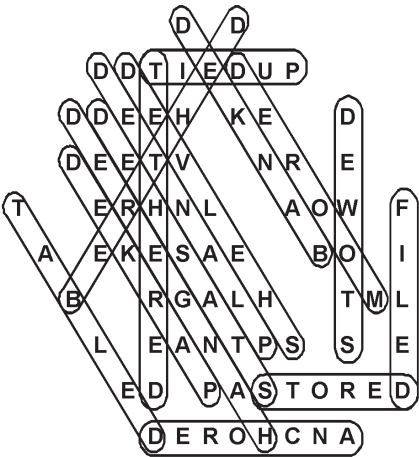
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KING CROSSWORD

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MAGIC MAZE

PUT IN ITS PLACE



SUDOKU

7	6	4	2	5	9	8	3	1
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3	2	6	7	9	1	5	4	8
8	7	5	4	3	2	6	1	9

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